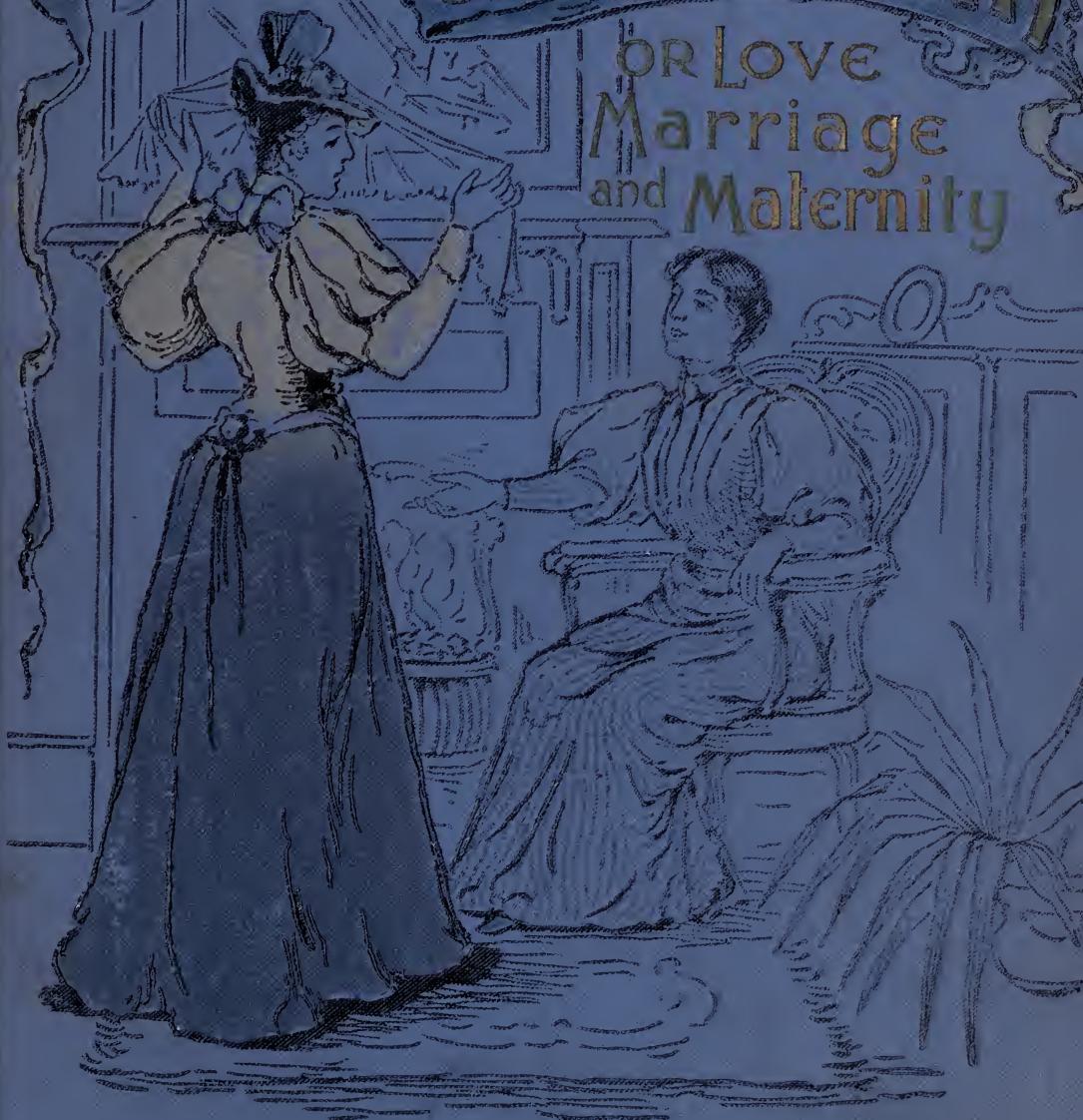


The Glory of Woman OR Love Marriage and Maternity



Glory OF Woman



Courtship,
Marriage
and
Maternity





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SWEET SIXTEEN



THE LOVERS AFLOAT



"THE COURSE OF TRUE LOVE NEVER DID RUN SMOOTH."



A WIFE'S DEVOTION



A MOTHER'S CARE AND AFFECTION



THE GOLDEN HOURS ON ANGEL WINGS
FLEW O'ER ME AND MY DEARIE;
FOR DEAR TO ME AS LIGHT AND LIFE
WAS MY SWEET HIGHLAND MARY.

ROBERT BURNS



OUT FOR HEALTH AND RECREATION

1905



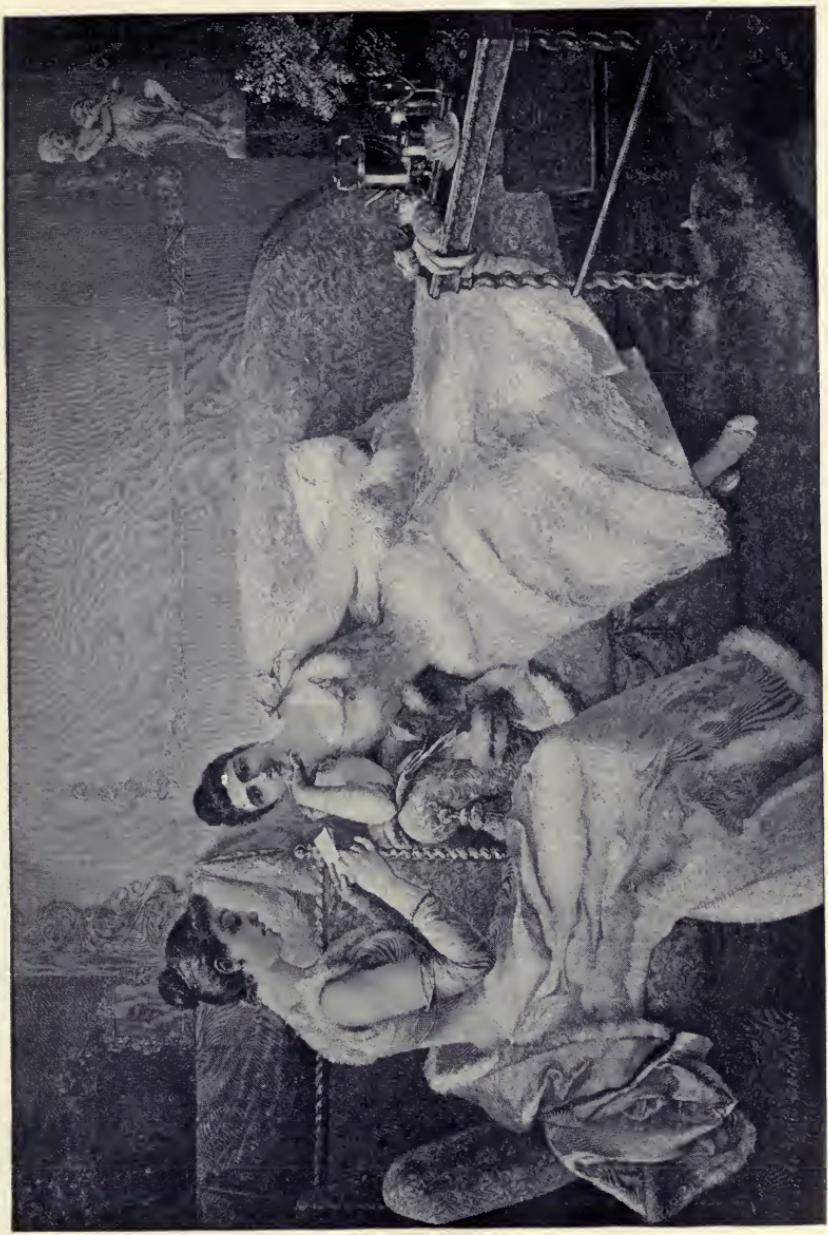
A MOORISH BEAUTY



CONSULTING HER PROGRAMME

THE AFTERNOON MUSICAL CONCERT





VOTARIES OF FASHION



A PROMENADE AT THE OPERA



THE OLD LOVE EXCHANGED FOR THE NEW

THE GAME OF MUSICAL CHAIRS





THE SERENADE



NATURE'S TYPICAL FEMALE WAIST

THE GLORY OF WOMAN

OR

Love, Marriage and Maternity

CONTAINING

FULL INFORMATION ON ALL THE MARVELOUS AND COMPLEX
MATTERS PERTAINING TO WOMEN

INCLUDING

CREATIVE SCIENCE; BEARING, NURSING AND REARING CHILDREN;
HEREDITARY DESCENT; HINTS ON COURTSHIP AND
MARRIAGE; PROMOTING HEALTH AND
BEAUTY, VIGOR OF MIND AND
BODY, ETC., ETC.

TOGETHER WITH THE

DISEASES PECULIAR TO THE FEMALE SEX

THEIR CAUSES, SYMPTOMS AND TREATMENT

THE WHOLE FORMING A

COMPLETE MEDICAL GUIDE FOR WOMEN

BY

MONFORT B. ALLEN, M.D.

AND

AMELIA C. McGREGOR, M.D.

EMBELLISHED WITH MANY SUPERB COLORED PLATES,
PHOTOYPE AND WOOD ENGRAVINGS

THE WHITAKER & RAY CO.,
SAN FRANCISCO, CAL.

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PREFACE.

WHAT all wives, mothers and maidens should know respecting themselves, is fully and clearly stated in this new, very comprehensive and charming volume. It contains the most important and valuable information concerning the female organism, the physical life of woman, and all subjects in which she is most deeply interested.

PART I.—LOVE AND MARRIAGE. The love which blossoms into marriage and maternity; the wise counsels which should regulate courtship and the conjugal state; and the necessary qualifications for married life, are all set forth in a way that both instructs and delights the reader.

How to render marriage and motherhood the sources of the purest and deepest happiness known to earth; the temperaments that should unite to form a perfect wedlock; the harmonious development of the whole woman; manly husbands and devoted wives; these and kindred subjects enrich the pages of this work.

PART II.—THE REPRODUCTIVE ORGANS. This part treats of creative science. Reproduction is nature's grandest work, yet how little understood! Ignorance on such a subject as this is a sin. This comprehensive volume pours a flood of light on all the wonderful and complex matters peculiar to women.

It answers questions which all mothers and daughters desire to ask and furnishes information on a great variety of subjects but little understood, which are all important to the health, the happiness and the long life of both the married and the unmarried.

This work is a self-instructor, replete with knowledge of the female anatomy. "Know thyself" is the old adage, and every woman can fulfill the injunction by perusing this volume. It is a faithful friend and companion. All that goes before childbirth; all that married persons should fully know and understand, is plainly stated. And

these delicate subjects are treated in such a way that womanly modesty is never offended.

The marvelous human germ; the growth of the new life; labor and confinement; lactation or nursing, are all described, together with female complaints and diseases. The kind physician and helper is always at hand. Indeed, this volume, packed from lid to lid with excellent advice, plain hints and suggestions, and information needed every day, may truly be called a life-saver.

PART III.—CARE AND MANAGEMENT OF CHILDREN. A well-known writer has said, "It is the mother after all that has the most to do with the making or marring of the man." What every mother should fully understand respecting the child, born of her love and committed to her care, is contained in this work and should be read in every home throughout the land. Our American girls are growing stronger, rounding out into a more perfect physique, and securing better health, because their mothers are giving them more intelligent care in childhood, and our best schools afford them a thorough physical education. This work is right in the line of that education which aims to make our American youth as strong and vigorous in body as they are bright and capable in mind.

PART IV.—FEMALE BEAUTY AND ACCOMPLISHMENTS. This is a subject of universal interest. To improve one's personal appearance and endow it with new charms might almost be considered a duty. More than half of the success in life among both sexes depends upon personal appearance and first impressions. Good common sense, hygienic rules and suggestions are of the utmost value. Many a lady of fashion, pale, sickly, lifeless and miserable, would give all she is worth for the rosy bloom on the cheeks of the healthy, happy peasant girl.

PART V.—POLITENESS; OR, WOMAN IN SOCIETY. Tasteful and becoming dress; deportment and good manners; the art of conversing well; rules of etiquette, and other important subjects are comprised in this part of the volume, the comprehensive and valuable character of which is seen at a glance.

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LOVE AND MARRIAGE.

CHAPTER I.

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NO emotion in the human breast is more powerful than that of love. None is more productive of happiness when rightly controlled and directed. When allowed to run wild and override all reason and restraint, none is so fruitful of misery. Love is the law of heaven and earth. It makes life a blessing or a curse. Milton in one of his loftiest poetic flights exclaims :

Hail wedded love, mysterious law, true source
Of human offspring.

Mohammed acted with unusual sagacity, displayed no ordinary understanding of human nature, and adopted effectual means for the accomplishment of his cherished object, when, to secure converts to his new religion, he promised that the eternal abode of the faithful should be made joyful, and lighted up with the charms and smiles of Woman ! This was an appeal to one of the strongest passions of our nature, and proved effectual in securing the attention of the stronger sex ; and, in that age, this object achieved, secured the influence and commendation of the gentler and more refined half of our race.

From the earliest time, and among all nations, whether shrouded in Pagan darkness or enjoying the pure and elevating influence of Christianity ; among those who treat the female sex like slaves and

beasts of burden, and those who recognize her as entitled to an equal rank with man, companionship between the sexes has ever been found to be the strongest desire of our race. It is not peculiar to either sex, but is cherished in common by both.

This is an ordinance of Heaven, none can deny. And the origin of the institution of matrimony might convince the skeptic of his error; for the only volume which gives an authentic early history of our race, declares in the outset, that in our creation, the distinction of sex was ordered as a contribution to our enjoyment, and that therefrom should follow perpetual companionship. "And the Lord God said, it is not good that man should be alone: I will make him an helpmeet for him." And after He had created woman, and given her to Adam to be his wife, Adam acknowledged the precious gift with the profoundest gratitude. He said of her, "This is now bone of my bones and flesh of my flesh;" and the sacred volume adds, "Therefore shall a man leave father and mother, and shall cleave unto his wife; *and they twain shall be one flesh.*"

Love and Marriage are Natural.

Marriage is also sanctioned by the very laws of our being. It is just as natural to love and marry as it is to breathe. The world loves; the world marries. Misery, you say, grows out of married life; so does the purest, deepest enjoyment. The misery is nothing against marriage itself, but against wrong, hasty, foolish marriages. These every mother, every father, should guard against, yes, and young people themselves.

We cannot be too well acquainted with those qualifications and organizations capable of transmitting the qualities which we most desire in our children. As perfect children are the most valued and beloved, as the laws of reproduction are unchangeable; and as perfection is only in proportion to obedience to these laws, in order to secure our highest wishes, we see the almost imperious necessity of our not only understanding, but complying with these requirements of nature.

hereditary descent, parents generate the same evil propensities in their offspring, and thus perpetuate them, from generation to generation ; so that from one degraded and miserable slave to vice, hundreds and thousands are ruined. So far are such persons from being qualified for the high responsibilities of the marriage duties, they are a curse to any community ; for their influence upon others, be it ever so little, is all evil, and that continually.

Preparation for Married Life.

That an education which will fit persons for domestic duties, is as necessary as it is for any other department of life, is self-evident ; yet, such an education is by many almost entirely neglected, and by a vast majority too much so. Although the marriage state is one which is designed for wise and important purposes, and by the fulfilment of which man gratifies some of the strongest desires of the human mind, yet, as a general thing, we are as poorly qualified for it by mental training and information as for any other condition in which we may be accidentally placed. We use double the means to obtain the object that we do to qualify ourselves for enjoying it when obtained.

When we speak of education as being adapted to the social department, we have special reference to a well disciplined mind, to an experimental acquaintance with domestic labor, and a familiar knowledge of household matters and duties ; young women should be able to sympathize with those engaged in domestic affairs, by an individual experience in the same matters.

Every Girl Should be Independent.

Every young lady, whether she be rich or poor, especially if she anticipates marriage, should be as familiar with the necessary duties of the family, as she is with the keys of her piano ; and much more than with the fashionable acquirements of the day ; for none can fill the sphere of a companion and parent, until they are intimate with household labors, are capable of arranging family matters, and supply-

CHAPTER II.

ADVICE TO THE UNMARRIED.

Marrying to Please Others—Stigma of “Old Maid,” or “Old Bachelor”—Sound Judgment Needed—“Petticoat Government”—Both Parties Should Do the Courting—Flirting as a Pastime—Fashion and Domestic Duties—How Romance Disappears—Dram-Drinking Husbands—Marrying for Money—Long Courtships—Temperaments That are Too Much Alike—Like Parents, Like Children—Prowling Fortune-Hunters—Marrying Out of Your Natural Sphere—Evils of Coquetry—Defective Education—Exciting Unhealthy Passions—Harmonious Development of the Whole Woman.

TO one and all we would say, do not marry unless you love, and do not love unless guided by reason and judgment. Do not marry contrary to your own judgment and inclination, merely to please your friends ; for this reflection does not bring domestic peace when you find that you are confined to one not at all congenial to your feelings : your happiness, in married life, will depend on your union, and not how it was brought about.

Being so very accommodating as to give your hand and virtue to a man without your love, because you cannot bear to see him weep when refused ; or because you are afraid of hurting his feelings, if you refuse him, is a spirit that should not be recognized among human beings where their own welfare and that of posterity depend on a different course of conduct.

“A Crooked Stick At Last.”

Do not marry then in any case to avoid importunities and puerilities, or to save the tears and feelings of others ; as selfishness, if it can be so called, or rather self-love, is justifiable in this case.

Do not marry because you think it is the last opportunity. To refuse good offers in hope of obtaining those more eligible, and then through fear of living in single blessedness, to accept because you think you will have the “crooked stick at last,” is like a man grasp-

ing a straw to save himself from going over the dam. Never marry to get rid of the stigma of being called an old maid, or an old bachelor.

It is an honor and a credit to many, that they have had prudence and sense of duty sufficient to control their feelings, and to enable them to remain single.

Many, by not consulting their organization and qualifications for married life, have brought great evils on themselves and also on posterity, simply to show the world that they can marry, and thus remove the reproaches (that many fling) of a single life.

Desperately Anxious to Get a Husband.

Said a certain lady, "I would not live single if I had to marry the greatest 'roue' in the city." That was weakness and folly.

In this all-important step, which has to do with your own individual happiness particularly, allow your friends and enemies to give you facts, and be thankful for them, but think for yourself; exercise your own judgment independently. By judgment we do not mean the calculations of mere intellect, but the whole mind, embracing the feelings, the sentiments, and propensities. When the consent of all these faculties of the mind has been obtained, then it is certain you are under a moral obligation to marry, regardless of opposition.

Do not marry with the determination to rule or not to be ruled. Scarcely anything appears more foolish than this absurd feeling of "I am not to be dictated to," "I will have my own way," "I shall not sign away my liberty, I can tell you," etc.—the lady afraid to yield, for fear complete submission will be the result; the husband, from dread of appearing to be under "petticoat government."

Domestic Enjoyment Destroyed.

A civil war of this kind puts to flight, most effectually, all hope of domestic enjoyment. It is, invariably, the growth of foolish pride and morbid, little independence, as far removed from real dignity as light from darkness—oftentimes exhibited before marriage in persisting in certain actions or habits when their suspension is desired.

knowledge of the debasing influences of ardent spirits, the foul and demoniac crimes which have been committed under the auspices of drunkenness, view the attentions of persons under this animal excitement as an insult of the blackest kind.

Errors to be Avoided.

If you are very poor, do not marry a person very wealthy, merely on account of his or her wealth, unless you wish to act the part of a servant, and to live with the continued reflection that you are eating another's bread and riding in another's carriage.

If you have insane or consumptive tendencies of body, do not marry one who has the same, unless you wish to bring upon yourself, your family, and posterity, all the evils of hereditary disease.

Do not be so long in courting as to change your mind, or so quick as to be rash, or ignorant of the character you have chosen. If you have no love in your soul, do not marry unless it is with one of a similar disposition.

If your mental or physical organization is extremely susceptible to impressions, do not marry one of the same extreme or of the opposite order. There should be a tendency to the medium line ; if an organ, or function is very large in one, then it should be less in the other, so as to have a restraining influence ; yet, it should not be so small as to be disgusted with the extravagant manifestation of it. If one has an organ very small, the other should have it a little larger, so that it may not be deficient in the family ; and also that it may serve as a stimulus for the one in whom it is weak.

Variety is Desirable.

A long article might be written on this subject, and a detailed account of the manner in which each of the developments should rank, might be mentioned ; but that is not necessary, as the subject addresses itself to the common sense of every one.

Variety is at times agreeable and even desirable ; yet extremes in any of the arrangements of nature, or in two separately organized

bodies, scarcely ever harmonize in action or in that adaptation necessary to produce uniform results.

A gentleman, who thought he understood human nature very well, the motives of action, etc., had very small acquisitiveness, and, in his selecting a wife, looked for one with the organ large ; but, when they were united, this was the source of trouble and contention ; for, she took all his earnings, and was unwilling that he should expend a single cent beyond his actual necessities. This state of feeling increased to such a degree that he separated from her, and now lives alone in the world, unhappy and desolate, convinced that extremes do not always produce happiness.

This law of harmony and balance should be recognized, not only for the convenience of the parties concerned, but for the sake of posterity.

What Kind of Children Will You Have?

The organization of children depends on two things ; first, the organization of the parents ; and secondly, the influence of circumstances on the minds and activity of the various faculties and functions of those parents before conception, and particularly afterward on the part of the mother.

If, then, both parents have the same function very large or very small, the child must necessarily partake of that extreme, unless a change is produced by the force of circumstances. If both parents are idiots, the child will be idiotic. If very nervous or consumptive, the children will be so disposed. If conscientiousness, firmness, self-esteem, or any other organ is very small in the parents, they will be so in the child, unless it is rendered large by the great activity of these faculties in the parents. If cautiousness, secretiveness, destructiveness, amativeness, or any of the animal propensities are very large and active in the parents, they will be manifest in the children.

If you are very rich, select your companions yourself, instead of permitting another to choose for you ; so that you may not be troubled with the reflection that you were selected for your wealth.

tion of the body, any one favorable or flattering remark, the enthusiasm of the moment, or the excitement of passion to balance all other considerations—thus bringing about a partial union, and securing the possibility only of imperfect happiness.

Acting from the Highest Motives.

Those individuals who are governed by selfish motives in these matters, will resort to dishonest and improper means to accomplish their object. They have not a sufficient amount of conscience or principle to regulate and control them : the consequence of which is, there can be no confidence placed in them ; they are liable at any and all times to go or be led astray, and are especially unfit to assume the weighty responsibilities which devolve on heads of families.

Persons of this character should be resolutely and determinedly avoided. From the existence of such men and women in society, can be traced the origin of the deception, pretension, falsehood, flattery, assumed piety, strained politeness and artificial endeavors to entertain each other while together, which may be denominated the reefs and shoals of the sea of matrimony.

Trifling with Affections.

Many unprincipled young men of fortune, leisure, and accomplishments in our cities, spend much of their time in female society, using all their faculties and powers of pleasing with apparently honest intentions, labor assiduously to secure the affections of young ladies, and afterward make their dignified and lofty boasts of how many beautiful and charming young ladies are crazy after them, even if they do not proceed farther and trifle with their affections in the basest manner. Such men, or apologies for men, deserve to be branded with the blackest marks of infamy, the most indelible sign of disgrace, merit-ing nothing but obloquy and contempt.

Young women, too regardless of consequences, sometimes thoughtlessly turn coquettes, present their charms and bright attractions, use their best endeavors, exhibit excessive devotion and exclusive affec-

the utmost, so as to secure health of body, strength of constitution, and the power of becoming parents of children, not characterized by weakness and effeminacy.

Exercise the mind, the whole mind, bearing in view the fact that the brain, the material organ of the mind, is capable of being benefited by regular tasks, and of being injured by excesses, precisely in the same manner as the body can be weakened by any over-action.

Long Life and Happiness.

When the mental and physical organization of man is properly understood, and the laws by which those organizations are affected are obeyed, families will enjoy uninterrupted health, long life and uniform happiness.

Man's enjoyment in this life depends more on the proper exercise of the social feelings and their gratification in the domestic relations, than on any other condition in life. For him to enter upon these duties, and assume the necessary obligations without being thoroughly qualified and prepared, would be as great a sin and violation of duty as for an ignorant man, unacquainted with the principles of Christianity, and not enlightened by grace, to attempt to teach the way of salvation.

We should change our situations and enter into the matrimonial relations solely with the intention of becoming more happy and useful.

It should be looked at, reasoned upon, and spoken of, as an honest and most important business. To treat serious subjects in a light, trifling, nonsensical manner, is quite injurious, and should be reprobated.

We should do it with an eye upon our mutual and individual happiness, remembering that perfect happiness can arise only from the proper adaptation and exercise of all our natural powers, socially, morally, intellectually, and physically—consequently, we should consult all of them, and gratify as many as possible. And above all, we should do it with the reflection that from three to six generations of our descendants will be directly affected by the choice we make.

CHAPTER IV.

LOVE AND PARENTAGE.

Courtship the Mere Alphabet of Love—Glory of the Wife and Mother—Sharing Common Joys and Sorrows—Idolized Children—Perfect Love and Confidence in Marriage—Animal Love and Moral Excellence—Wedlock's Sacred Bonds—Physical and Mental Sexuality—Development of Female Charms—Blushing Maids—No Necessity for Female Beauty to Decline—Decay of Health—Household Drudgery—Bad Diet and Habits—Diminution of Affection in Marriage—Uncongenial Mates—Dying Before Your Time.

THOUGH love and its accompanying charms eventuate in marriage, yet they do not terminate with it. As its ultimate object is the propagation of the race, it should last as long as we are capable either of being parents or exerting an influence on the character of our offspring ; in other words, it should last as long as life. Its waning with the honeymoon would be like autumn supervening directly upon spring before the happy pair had tasted the luxuries of summer or feasted upon the golden fruits of autumn.

Courtship is but the mere alphabet of love and the wedding season its first lesson. When properly placed, love's natural tendency is to increase with years, nor ever to diminish till age impairs both it and all our other faculties together. The blushing bride, though all dissolved in the melting tenderness of gushing affection, does not, cannot, love equally with the middle-aged wife, or even the declining matron. She has not yet tasted the virtues or tasted the perfection of her beau ideal.

It is only after years of the continual interchange of reciprocated kindness and sentiments between husbands and wives—after they have ascended together the hills of prosperity and, perhaps, travelled the vale of adversity till they have thoroughly tried each other's souls, and called forth their mutual spirit of self-sacrifice ; perhaps not till they have watched over each other when prostrate by sickness, and

reciprocated a constant succession of endearing offices of kindness and tokens of love—above all, not till they have become parents together—that they can be completely enamored of each other; because it is her maternal relations which most of all endear the wife to her husband, besides making her love him inexpressibly the more for being the father of her idolized children.

True Love Lasts a Lifetime.

Perfect love also requires that perfect confidence which nothing can establish but those fullest and most diversified tests which married life alone can furnish. Mistaken they who suppose that years naturally weaken love. Animal love they may weaken; but that blending of soul, that love of moral excellence which constitutes love's crowning perfection, and even quintessence, grows slowly, matures gradually, and reaches its zenith only after the fierce fires of youthful passion have given place to the live coals of mature or declining age. Matrimony is the very garden and paradise of love, and, therefore, every way calculated constitutionally to strengthen and perfect it, and thereby augment its every charm and sweet.

With this the experience of few may coincide, because so few husbands and wives cordially and completely love each other; but, chosen and blessed of God this happy few! Yours is the sweet cup that never sates; yours the dainty luxury that never cloys, but only increases your relish while it feasts your souls perpetually on its delicious bounties! Ye who have lived affectionately in wedlock's sacred bonds for a score or so of years can bear testimony to this. The fact that the experience of so few harmonizes with this blessed reality, only shows how few truly love. Ye, then, who have your die yet to cast, cast it in view of this principle.

To perceive how wedlock continues to improve the agreeableness of man is easy; because by drinking in continually those softening, refining, elevating, and ennobling influences exerted upon him perpetually by a good wife, he becomes more polished, and of a better disposition day by day, and year after year, till all his powers are

bedimmed by age or eclipsed by death. Much more is this true of woman.

Happy wedlock constitutionally develops both that physical and mental sexuality which imparts these finishing touches of perfection to her grace and elegance of manner, her sweet smiles, fascinating looks, exquisite intonations, beauty of expression, and which, in short, heightens every charm and perfection of the female character. By imbuing her whole soul with love for the masculine in her husband, because it so indescribably exalts her happiness, it makes her prize his sex in proportion as she loves him ; and this arrays her in all her charms as a means of rendering herself agreeable.

The Married Woman.

Nor is this in the least improper. It is the nature and highest happiness, as well as the main constituent element of the wife and mother, both of which it perfects. Properly to know man in the person of her husband develops the feminine, and thereby augments every female charm and perfection, because it calls out and fulfils her whole nature. But the maiden has exercised only a part of her nature, nor that the most important. She has not yet fulfilled its great duty and destiny, and hence she is below the wife and matron.

Not that she should be underrated, but, bashful and blushing, she labors under perpetual restraint, which marriage removes. Sweet, lovely, is the blushing maid and the blooming bride ; sweeter still, more lovely far, the full-blown matron. Let others sip the nectar of female loveliness as it gushes from the handsome features, lovely looks, graceful motions, fascinating smiles and enchanting conversation of maiden purity and undeveloped love ; but let us commune with married woman. Give us the well-developed wife and mother, whether for elegance of manners, exquisite tenderness and flexibility of voice, ease and propriety commingled with freedom of conversation and those practical lessons of experimental wisdom which flow perpetually from the lips.

We admire the maiden, but we almost worship the matron, and

gather more information, as well as derive more pleasure, from an hour's conversation with the wife of forty than from weeks of chit-chat with the simpering belle of eighteen. The latter is only just beginning to put on her fair, but yet immature, forms and rich colors, while the former is fully ripened, her form filled out and perfected, her colors enriched and variegated and their flavor most delicious—every element being completely consummated.

Marriage and Female Beauty.

But the opinion prevails almost universally that married life necessarily diminishes female beauty. The fact is admitted. Its necessity is questionable. One of its efficient causes consists in the loss of health generally consequent on marriage. Both the exercise and expression of love and all its charms expend that vitality which health alone imparts, and thereby enfeebles love itself, and that power by which alone it can manifest itself and its charms, besides furrowing and fading the cheek of beauty, emaciating the form, substituting the frowns and scowls consequent on pain for the brisk and happy expression of health—bedimming the otherwise sparkling eye and weakening and perverting and depraving all the faculties.

Hence the female invalid ceases to throw that interest, animation, expressiveness, soul, into her looks, action, conversation, etc., which health would enable her to put forth and impart, while disease, by rendering her looks more or less haggard and ghastly, and her intonations sorrowful or hackled, makes that repulsive which health would render charming. How much an animated walk, or ride, or frolic promotes circulation, heightens color and expression, and augments the whole collection of woman's charms, simply by rallying those animal energies which manifest both her love and her loveliness; and what this does for beauty temporarily health does permanently.

That the matrimonial, and especially maternal, relations require and consume a great amount of those vital energies is a fact attested by the experience and observation of all married women, maternal duties

CHAPTER V.

IMPORTANT TRUTHS FOR THE NEWLY MARRIED.

Self-Improvement—Promoting Happiness—Conjugal Attentions—Cultivating Love
—Remedy for Discords—Consecration, Each to the Other—Love's Little
Indulgences—Wives and Money—Expressing Affection—Love no longer
Mentioned—Billing and Cooing—Manly Husbands—Devoted Wives—Animal
Passion—First Great Business—Cold Indifference—Reasons of Infidelity—
Highest Human Duty—Contentment Better than Dollars—Paralysis of the
Affections—Starved Hearts.

BOTH improve yourselves. Love must progress ; which requires either the culture or discernment of new lovable qualities. For your own and each other's sakes each should improve daily. On her husband's return from business every wife should show some new work begun, or old one advanced ; a new piece of music commenced, or prior one perfected ; some new head work, hand work or heart work, with which to redelight him ; while he must be able to "report progress" in whatever he engages, and especially in himself. How delightful to both to see this improvement in the other ; how painful their decline ?

Personal effort is its great instrumentality. Passivity forestalls progress. Only active participancy can avail. Though a husband's praise may inspire a wife to effort, yet only she can put her own hands to the plough ; and so of him. Each can tone up the other's will, but "the gods help only those who help themselves." We expect improvement in all we possess, much more in a partner. The decline of either after marriage grossly wrongs the other. Begin here now and redouble the other's love by rendering yourselves daily the more lovable and worthy.

Love seeks the happiness of its object as uniformly as water its level and light diffusion. Kindness accompanies love as surely as gravity matter, and always augments it. While it is due from all to all, even beasts, and doubly between the sexes, yet love augments it

and feelings towards each other. Love's eyes, lips, hands and heart are brimful of desire to make each other just as happy as possible; always saying, "Please let me do this and that for you." Neither can make self a tithe as happy as each can the other.

Mutual Happiness.

A loving wife can render her husband, and he her, ten times happier than either can possibly render themselves. How infinitely and perfectly adapted are all the details of the conjugal state to this promotion of the other's enjoyment, and thereby their own! As "it is more blessed to give than receive," even from strangers, how infinitely more so to and from one beloved! No human luxury at all equals this.

Happiness is the natural aliment of love. That of each is in the exact ratio of the happiness conferred by the other. Hence, exactly in proportion as a wife renders her husband happy, does she thereby compel him to love her. He cannot help himself, and will not desire to, but is "led a willing captive." Exactly in proportion as he renders her happy, does he thereby oblige her to love him and seek his pleasure. Every thrill either occasions the other, redoubles the other's love; and every twinge of pain either gives the other, engenders dislike.

These results are as absolute and certain as those of gravity, because equally governed by a first natural law. Thus, if your wife makes you happy three, or five, in the scale of seven, she thereby compels you to love her three, or five; whereas, if she makes you miserable three, or five, she thus compels you to hate her three, or five. Or if she makes you happy five, but miserable three, you love her five, but hate her three; whereas, if she renders you happy three, but miserable five, she obliges you to hate her five, but love her only three.

So she who makes husband perfectly miserable, without any happiness, engenders perfect hatred; whereas, she who makes him perfectly happy, without any alloy or misery, thereby renders his love absolutely

indifferent animal pair is found, except among human brutes—who, when antagonistic, are as much more brutal than savage beasts, as man should be a higher sample of conjugality than animal. Every woman whose husband is indifferent, is entitled by nature's laws to a divorce, is divorced practically; for this indifference "puts her away," while her indifference towards him is virtual abandonment.

Blighting Effects of Neglect.

What ergot is to grain and poison to food, conjugal neglect or coldness is to true conjugality; but what rich, luscious fruit is to eye and taste, are these turtle-dove billings and cooings to love—its very nature, embodiment, and great promoter. To reciprocate it, woman was made feminine and charming.

Indifference causes alienations and infidelities. After love has been once awakened, it must continue or starve. It should be directed to its first object, but becoming estranged from it, must seek another or perish. This law explains Mrs. Gurney's sad fall. Her parliamentary husband, though kind to her and regaling her with country and city pleasures *ad libitum*, was too busy to lavish on her those little attentions so agreeable to woman and promotive of love, which, bestowed by her groom, completely fascinated her and induced her to abandon husband, family, position, everything dear to her, that she might revel in those little gallantries which, if they had been supplied from their legitimate source, would doubtless have had no charms for her from a lower quarter.

Strongest of Human Ties.

Conjugal duties are more obligatory than pecuniary, benevolent, neighborly, or filial. As those who solemnly promise to pay promptly for goods delivered are bound faithfully to fulfil, so when a woman has delivered her whole being to a man, under his solemn promises, implied and expressed in secret and public, that he will repay her in and by bestowing his own on her, does not every human obligation demand his fulfilment of his vow to "love and cherish her till parted by death?"

PART II.

THE HUMAN PELVIS AND ORGANS OF GENERATION.

CHAPTER VI.

STRUCTURE OF THE PELVIS.

Meaning of the Term Pelvis—Natural Form and Dimensions—The Brim—The Cavity—Position in Regard to the Trunk of the Body—How the Womb is Supported—Separation of Bones During Childbirth—Loosening of Ligaments—Male and Female Pelvis Compared—Bones of the Male Harder Than in the Female—Deformities of the Pelvis—How Distortions are Produced.

THE term pelvis is applied to that mass of bones which, placed at the bottom of the spinal column, and resting on the inferior extremities, connect the thighs with the upper part of the trunk. When divested of its soft structures this organ somewhat resembles a basin, and hence its name; for the Greeks called it by a name signifying a wooden utensil of bowl-form, used for domestic purposes; the Latins from them derived the word pelvis, which we have adopted. In many of the older anatomical works it is described as "the basin," but all the recent authors have preferred the more classical appellation of pelvis.

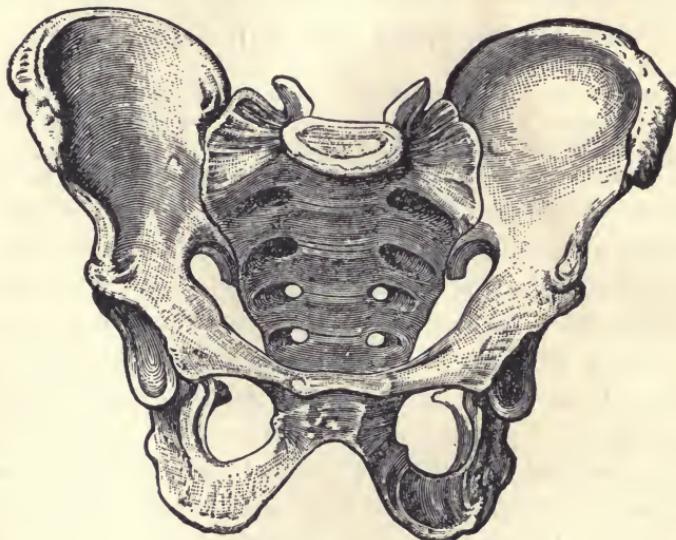
Form and Dimensions of the Pelvis.

When we examine the pelvis with reference to childbirth we must attend not only to its figure but also to its dimensions, and the bearings which its axes hold in regard to each other and to the trunk of the body. We observe that it is formed on the principle of the double arch, which structure in architecture possesses the greatest possible degree of firmness that can be devised for the quantity of material

employed. So that the pelvis combines, to an eminent extent, the qualities of strength and lightness.

In demonstrating the shape and size of the female pelvis, it is the custom not to describe any particular specimen which we may happen to possess, but to assume a model of perfection, which we consider standard; so symmetrically formed, as would most completely answer all the intentions that nature has assigned to it.

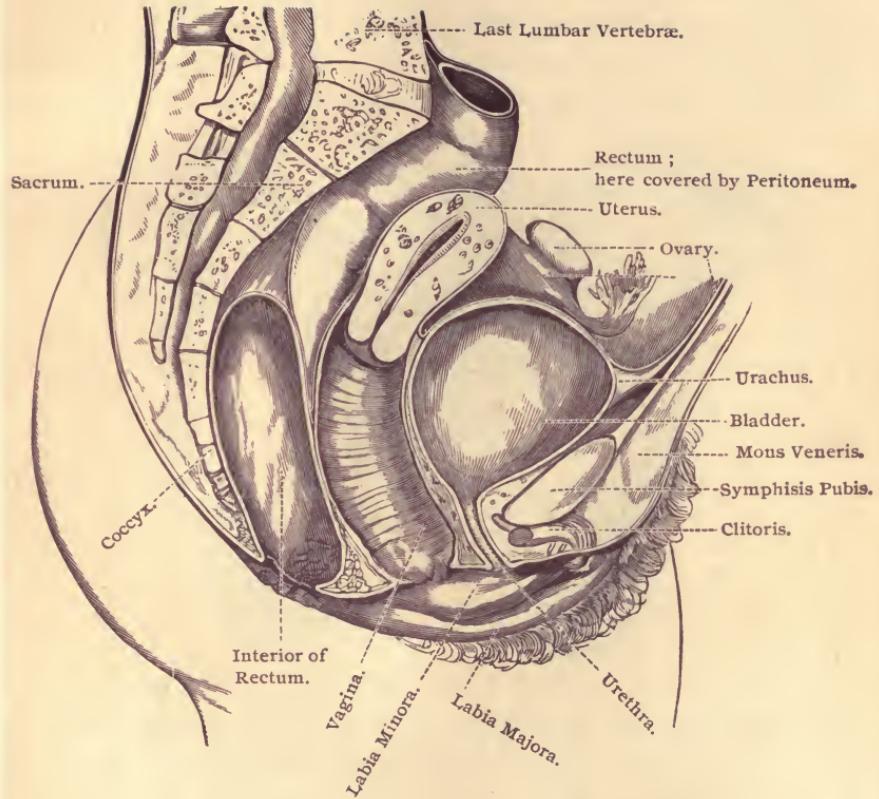
The brim, somewhat oval in shape, has necessarily two diameters—the longest from side to side—the shortest in the centre from before



THE MALE PELVIS.

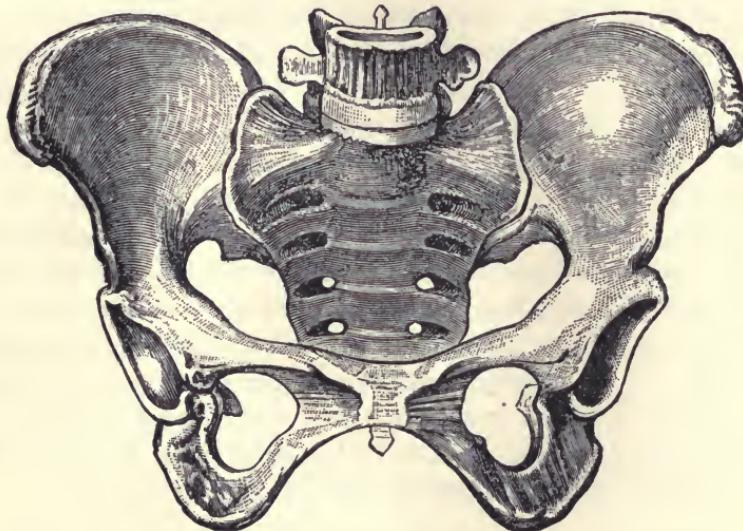
backwards. The regularity of the oval is broken so that the outline represents, in some measure, the heart as painted upon playing cards. But this resemblance is stronger in the male than in the pelvis of the opposite sex, because the longest diameter in the male pelvis is from top to bottom, while in the female it is laterally, or from side to side.

The cavity is observed to be deep behind, shallow in front; and it becomes gradually shallower as we traverse from the back to the fore part. The greatest depth should be from five inches and a half to six inches, and at the side three inches and a half.



SECTION OF FEMALE PELVIS AND ORGANS.

The position of the pelvis in regard to the trunk of the body is neither perpendicular to the horizon, nor horizontal, but oblique. It is thus that the uterus or womb is supported during the latter months of pregnancy. Were the axes of the trunk and pelvic entrance in the same line, owing to the upright position of the human female, the womb, towards the close of gestation, would gravitate low into the pelvis, and produce most injurious pressure on the contained viscera; while, in the early months, not only would the same distressful inconvenience be occasioned, but there would be great danger of its pro-



THE FEMALE PELVIS.

truding externally, and appearing as a tumor between the thighs, covered by the inverted vagina (passage to the womb).

It was for many centuries the prevalent opinion that the bones of the pelvis always separated—or were disposed to separate, if occasion required it—during parturition (childbirth), and that they thus allowed the pelvic dimensions to be increased in every direction. This idea was rendered more probable by analogy; for it is said that in some animals, as the cow, the bones are absolutely disunited to some extent, and that the sinking of the sacrum, occasioned by its own

weight and by the softened condition of the ligaments, together with a difficulty in progressive motion, is an indication of the near approach of parturition. Such a separation may possibly take place in the lower animals, but it is certainly not usual in the human subject.

Derangement of the Bones and Ligaments.

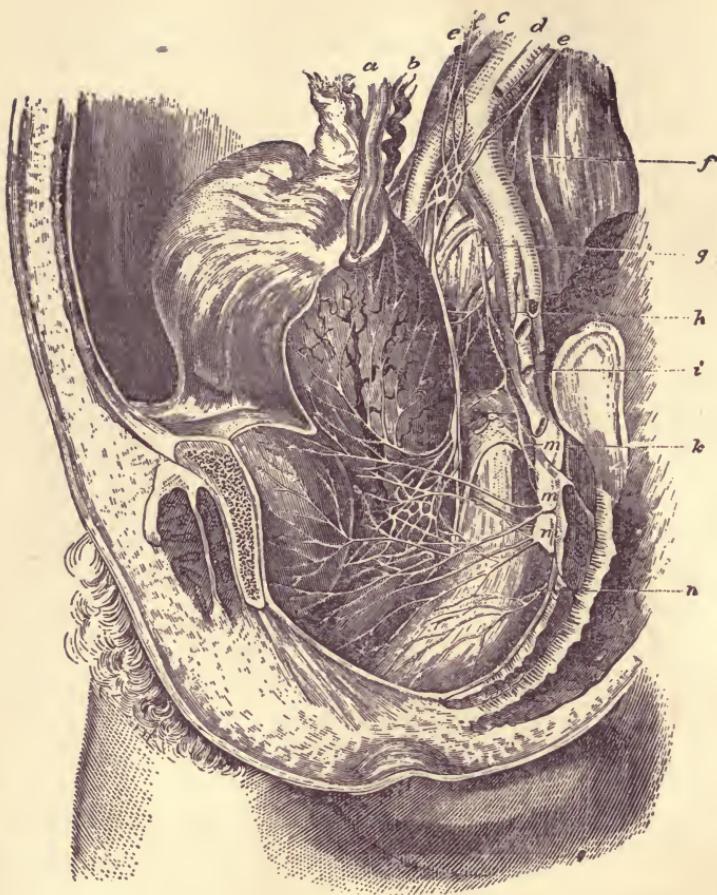
The joints are liable, indeed, to inflammation; and pus being secreted between the bones may occasion disunion—a disease attended with high constitutional excitement, and no small danger. Sometimes, also, an actual separation of the bones occurs, both during pregnancy and after labor, from simple relaxation of the ligaments; which state gives rise to pain in the part deranged, and an inability to walk or stand without artificial support. This affection, though not attended with so much suffering or hazard as acute inflammation, is nevertheless of a very distressing character, and very difficult of cure, commonly confining the patient to bed or the sofa for many months.

But it would be travelling too far out of the limits of this publication to enter minutely into the history of these diseases; and it is sufficient for our present purpose to know that, in the great majority of cases, there is no sensible relaxation of the pubic or sacro-iliac ligaments; that in others a softening does occur in various degrees, and that, when that change reaches such a point as to be attended with pain or inconvenience, it must be considered as morbid.

Differences Between the Male and Female Pelvis.

On comparing the male and female pelvis together, we cannot but remark a striking difference in the general appearance and particular proportions of this organ in the two sexes. We observe that the pelvis of the female is altogether larger and more delicately shaped than that of the male. The brim is differently shaped; the long diameter in the female being from side to side; in the male from before backwards.

The cavity is considerably smaller in the male, deeper, more of a funnel shape. The outlet is also far less capacious. The arch of the



SECTION OF FEMALE PELVIS, SHOWING THE PRINCIPAL PELVIC NERVES.

a. Spermatic vein. *b.* Spermatic artery. *c.* Directs to the vena cava. *d.* The aorta. *e, e.* Inferior mesenteric nerves. *f, g.* The fourth and fifth lumbar ganglia. *h, i, k.* The first, second, and third sacral. *m, m, m.* The lumbar and sacral nerves. *n.* Branch supplying lower part of the rectum.

CHAPTER VII.

GENITAL ORGANS OF THE FEMALE.

The Mons Veneris—The Labia, or Lips—The Vulva—The Clitoris—The Nymphæ—Vagina, or Canal Extending to the Uterus—The Sphincter—The Hymen and its Situation—Uterus, or Womb—Fallopian Tubes—Mouth of the Uterus—Internal Cavity—Mucous Membrane—Arteries, Veins and Nerves—The Ligaments—Structure of the Ovaries—Ovasacs, or Graafian Vesicles—Vesicles in the Foetus—Nerves of the Ovaries.

THE genital organs of the male effect fewer functions than those of the female. They serve for copulation and fecundation only.

Those of the female—in addition to parts which fulfil these offices—comprise others for gestation and lactation (suckling).

The soft and prominent covering to the symphysis pubis—which is formed by the common integument, elevated by fat, and, at the age of puberty, covered by hair, formerly termed *tressoria*—is called *mons veneris*. The absence of this hair has, by the vulgar, been esteemed a matter of reproach; and it was formerly the custom, when a female had been detected a third time in incontinent practices, in the vicinity of the Superior Courts of Westminster, to punish the offence by cutting off the *tressoria* in open court.

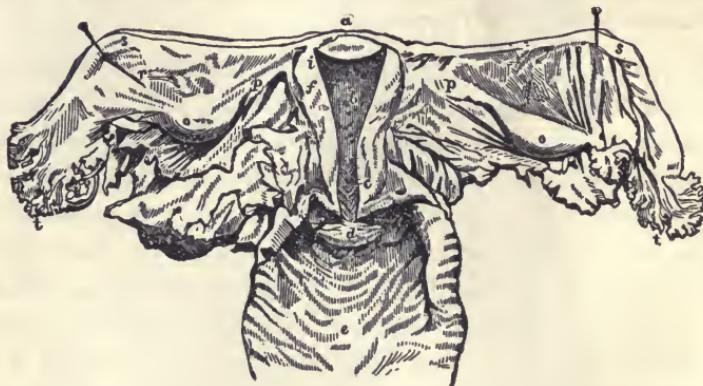
Below this are the *labia pudendi* or *labia majora*, which are two large, soft lips, formed by a duplicature of the common integument, with adipose matter interposed. The inner surface is smooth and studded with sebaceous follicles. The labia commence at the symphysis pubis, descend to the *perineum*, which is the portion of the integument, about an inch and a half in length, between the posterior commissure of the labia and the anus.

The opening between the labia is the *vulva* or *fossa magna*. At the upper junction of the labia and within them, a small organ exists, called *clitoris*. It is formed of corpora cavernosa, and is terminated anteriorly by the *glans*, which is covered by a prepuce consisting of a prolongation of the mucous membrane of the vagina.

prominent. It is covered with a fine villi, and the orifices of several mucous follicles are visible.

Mucous Membrane of the Uterus.

When examined with a lens, the mucous membrane is found to be marked over with minute dots, which are the orifices of numerous simple tubular glands; some of these are branched and others slightly twisted into a coil. They can be seen in the virgin uterus, but become

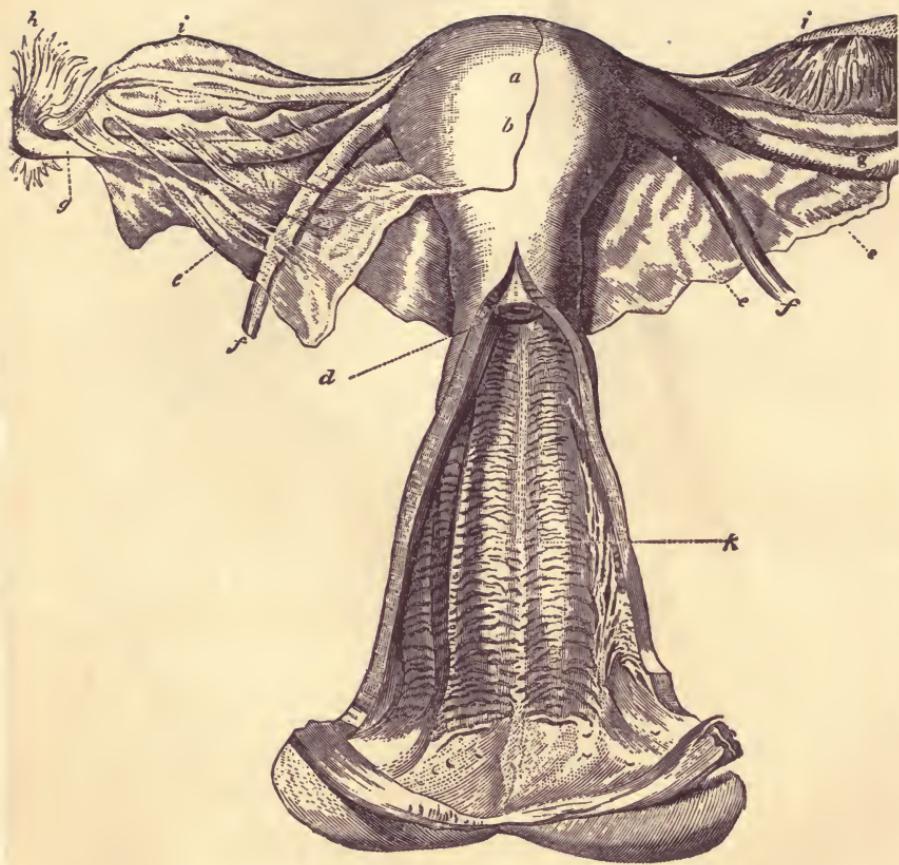


POSTERIOR VIEW OF THE UTERUS AND ITS APPENDAGES, THE CAVITY OF THE UTERUS BEING SHOWN BY THE REMOVAL OF ITS POSTERIOR WALL, AND THE VAGINA BEING LAID OPEN.

a. Fundus, *b*, body, and *c*, cervix of the uterus, laid open. The arbor vitae is shown in the cervix. *d*. The os uteri externum, laid open. *e*. The interior of the upper part of the vagina. *f*. Section of the walls of the uterus. *i*. Opening into Fallopian tube. *o*. Ovary. *p*. Ligament of ovary. *r*. Broad ligament. *s*. Fallopian tube. *t*. Fimbriated extremity.

enlarged on impregnation. The proper tissue of the organ is dense, compact, not easily cut, and somewhat resembles cartilage in color, resistance and elasticity. It is a whitish, homogeneous substance, penetrated by numerous minute vessels.

In the unimpregnated state, the fibres which enter into the composition of the tissue, appear ligamentous, and pass in every direction, but so as to permit the uterus to be more readily lacerated from the circumference to the centre than in any other direction. The precise



THE UTERUS (WOMB) WITH VAGINA LAID OPEN.

a, b. Section of peritoneum. *d.* Os uteri (mouth of the womb).
e, e, e. Fold of peritoneum. *f, f.* Round ligament of womb. *g, g.* Fallopian tubes. *h.* Fringed extremity of Fallopian tube. *i, i.* Ovaries.
k. Vagina.

CHAPTER VIII.

MENSTRUATION.

A Subject of Great Importance—Girl and Woman—Evils of Too Early Marriage—Feeble Parents and Feeble Children—Duration of Monthly Period—Period of Puberty—Very Young Mothers—Close of the Menstrual Function—Some Remarkable Facts—Nature of the Menstrual Discharge—Suppressed by Pregnancy—Effects of Nursing—An Evil Practice—Poverty of Blood—Regularity Important—Effects of Dissipation—“Change of Life”—Profuse Discharges—Nervous Symptoms—Flushes of Heat—Bleeding at the Nose—Hysteria—The Blessing of Health.

“A TREE is known by its fruit;” so a healthy womb—one capable of bearing a child—is known usually by menstruation; for if menstruation be, in every way, properly and healthily performed, there is, as a rule, no reason, as far as the wife is herself concerned, why she should not conceive, carry, and, in due time, bring forth a living child; hence the importance of menstruation—the subject we are now entering upon, and which, indeed, is one of the most important that can engage the attention of every woman, for if menstruation be healthy, the womb is healthy, and the woman, as a rule, is healthy, and capable both of conception and of child-bearing.

There is an important epoch in the life of a woman which might be divided into three stages, namely: (1) the commencement of menstruation—of puberty; (2) the continuation, at regular periods, of menstruation—the child-bearing age; and (3) the close of menstruation—of child-bearing—“the change of life.”

A good beginning at this time is peculiarly necessary, or a girl’s health is sure to suffer, and different organs of the body—her lungs, for instance—might become imperilled. A healthy continuation, at regular periods, is much needed, or conception, when she is married, might not be practicable. The close of menstruation requires great attention and skilful management to ward off many formidable diseases, which at the close of menstruation—at “the change of life”—are more likely than at any time to become developed.

In a pale, delicate girl or wife, who is laboring under what is popularly called poverty of blood, the menstrual fluid is sometimes very scant, at others very copious, but is, in either case, usually very pale—almost as colorless as water—the patient being very nervous, and even hysterical. Now, these are signs of great debility ; but, fortunately for such a one, a medical man is, in the majority of cases, in possession of remedies that will soon make her all right again.

Too Weak to Bring Forth.

A delicate girl has no right, until she be made strong, to marry. If she should marry, she will frequently, when in labor, not have strength to bring a child into the world ; which, provided she be healthy and well-formed, ought not to be. How graphically the Bible tells of delicate women not having strength to bring children into the world : “For the children are come to the birth, and there is not strength to bring forth.”—2 Kings, xix. 3.

When a lady is neither pregnant nor “regular,” she ought immediately to apply to a doctor, as she may depend upon it there is something wrong about her, and that she is not likely to become *enceinte* until menstruation be properly established. As soon as menstruation be duly established, pregnancy will most likely, in due time, ensue

What Is Meant by Being Regular.

When a lady is said to be “regular,” it is understood that she is “regular” as to “quality,” and quantity, and time. If she be only “regular” as to the time, and the quantity be either deficient or in excess ; or, if she be “regular” as to the time, and the quality be bad, either too pale or too dark ; or if she be “regular” as to the quality and quantity, and be irregular as to the time, she cannot be well, and the sooner means are adopted to rectify the evil, the better it will be both for her health and for her happiness.

A neglected miscarriage is a frequent cause of unhealthy menstruation ; and until the womb, and in consequence “the periods,” by judicious medical treatment, be made healthy, there is indeed but scant chance of a family.

CHAPTER IX.

CONCEPTION.

The Seminal Animalcule—Body and Soul—Birth and Genius—Children of all Races Resemble their Parents—Each Parent an Agent—Testes and Ovaries—Zoosperms or Spermatozoa—How Impregnation Takes Place—Vast Numbers of Zoosperms—Egg of the Fowl—Most Favorable Period for Conception—How the Generative Act should be Performed—When Impregnation is not Likely to Take Place—Limiting the Number of Children—Prevention of Conception.

THE formation of the zoospERM, or seminal animalcule, in man, and the ovum in woman, belongs to the domain of organic life, yet all the highest powers of the soul and the soul's organs are engaged in the work. For there is to be more than a mere bodily organization formed—a mass of bone, muscle, and various tissues. First of all, there is to be generated an immortal soul.

The generation of souls seems necessary, indeed, to explain the facts of the hereditary transmission of moral and mental, as well as physical qualities. The souls of children—their moral characters—are like those of their parents, and compounded of those of their fathers and mothers, some more resembling one, some the other. We never find the soul of a European in the body of a Hottentot, or the soul of a North American Indian in the body of a native of China.

How Character is Formed.

Two human beings, uniting as one, becoming “one flesh,” have thus given to them the power or are the appointed instruments of generating a third being—body, soul and spirit. They form it according to their own capacities. Or, if the soul have any other origin, it must be admitted that they limit its expression and development, and all its earthly manifestation; so that there are great and little souls, beautiful and ugly souls, and so on of all varieties of human character.

But it must also be admitted that there are facts of human intelligence and goodness not easily accounted for upon the theory of

matter, that pellucid cell, we have the shape and air, the talents and genius, the honesty or roguery, the pride or humility, the benevolence or selfishness of the future man. We have what determines the form of his head and hands, the contour of his nose and chin, the color of his eye and hair. Moreover, this spermatic animalcule, or this cell germ, has all hereditary idiosyncrasies and diseases—gout, scrofula, venereal taint, or insanity.

Life and Character in the Germ and Spermatozoon.

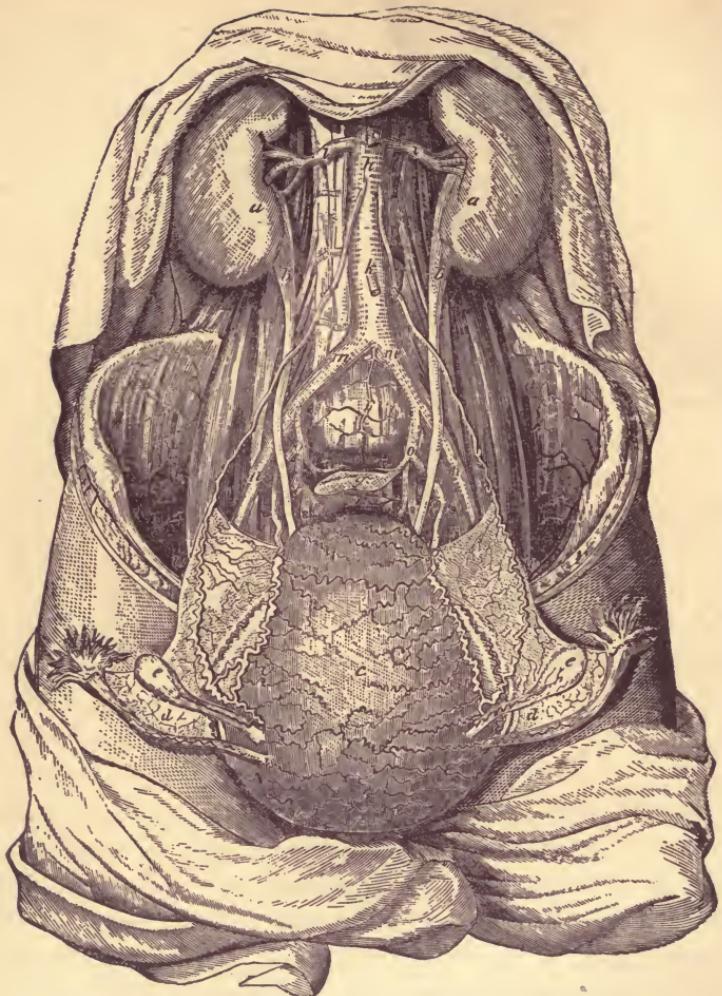
We can scarcely conceive of this, yet we must admit it. All the grand and energetic qualities that made a Cæsar or a Napoleon—all that can be fairly attributed to blood and birth, to hereditary influences—must have been contained in one or both these atoms.

We do not underrate the influences that may act upon the fœtus during gestation. We give full credit to the power of education in forming the human character, but we assert that all which makes the basis of the character, mental and physical, must reside in the germ and the spermatozoon, and must combine at the moment of impregnation, or the union of these principles.

For all the qualities of soul and body which make the differences between a mouse, a dog, a horse, an elephant, must be in their germlinal principles. The appearance of the zoosperms in different animals varies slightly under the microscope—that of the ova scarcely at all. Moreover, when two nearly allied species of animals engender—when, for example, the zoosperm of the ass unites with the ovum of the mare—each parent is found to contribute to the mental and physical qualities of the offspring. In all crossings of different breeds of animals, we find the same effects produced, the more powerful impressing themselves most strongly, and the two sexes giving each certain peculiar characteristics.

Nor is this by any means less notably the fact in the human species. When sexual commerce takes place between a negro and a white woman, the child partakes of the mental and physical qualities of both,





THE UTERUS (WOMB) AND ARTERIES.

a, a. The kidneys. *b, b.* The ureters. *c.* The uterus. *d, d.* The broad ligaments. *e, e.* The ovaries. *f, f.* The Fallopian tubes. *g.* The rectum cut. *h.* The aorta. *i.* The superior mesenteric artery divided. *k.* The inferior mesenteric artery divided. *l, l.* The renal. *m, m.* The common iliacs. *n, n.* The external iliacs. *o, o.* The internal iliacs.

CHAPTER X. PREGNANCY.

Cessation of Menses—Morning Sickness—Pains in the Breast—Quickening—Fluttering Motions—Flatulence—Increase in Size—Emaciation—Heartburn—Morbid Longings—Excitability of Mind—Suitable Clothing—Ablutions—Air and Exercise—Evils of Indolence—Ventilation and Drainage—Horrid Odors—Disinfectants—Pain a Warning—Hotbeds of Disease—Pure Water—Benefits of Rest—What to Eat—Spices and Condiments—Abuse of Stimulants—Restlessness and Sleep.

A HEALTHY married woman, during the period of child-bearing, suddenly “ceasing-to-be-unwell,” is of itself alone almost a sure and certain sign of pregnancy—requiring but little else besides to confirm it. This fact is well known by all who have had children—they base their predictions and their calculations upon it, and upon it alone, and are, in consequence, seldom deceived.

But as “ceasing-to-be-unwell” may proceed from other causes than that of pregnancy—such as disease or disorder of the womb, or of other organs of the body—especially of the lungs—it is not by itself alone entirely to be depended upon; although, as a single sign, it is, especially if the patient be healthy, the most reliable of all the signs of pregnancy.

The next symptom is morning sickness. This is one of the earliest symptoms of pregnancy, as it sometimes occurs a few days, and, indeed, generally not later than a fortnight or three weeks after conception. Morning sickness is frequently distressing, oftentimes amounting to vomiting and causing a loathing of breakfast. This sign usually disappears after the first three or four months. Morning sickness is not always present in pregnancy, but, nevertheless, it is a frequent accompaniment, and many who have had families place more reliance on this than on any other symptom. Morning sickness is one of the earliest, if not the very earliest, symptom of pregnancy, and is by some ladies taken as their starting-point from which to commence making their “count.”

Morning sickness, then, if it does not arise from a disordered stomach, is one of the most trustworthy signs of pregnancy. A lady who has once had morning sickness can always for the future distinguish it from each and from every other sickness ; it is a peculiar sickness, which no other sickness can simulate. Moreover, it is emphatically a morning-sickness—the patient being, as a rule, for the rest of the day entirely free from sickness, or from the feeling of sickness.

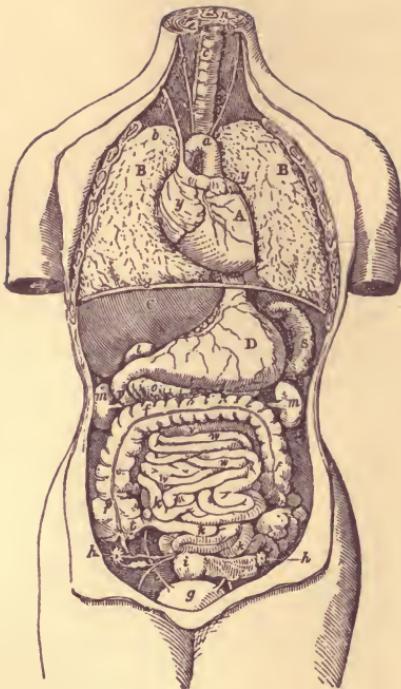
Darting Pains in the Breast.

A third symptom is shooting, throbbing and lancinating pains, and enlargement of the breast, with soreness of the nipples, occurring about the second month, and in some instances, after the first few months, a small quantity of watery fluid, or a little milk, may be squeezed out of them. This latter symptom, in a first pregnancy, is valuable, and can generally be relied on as conclusive that the female is pregnant. It is not so valuable in an after pregnancy, as a little milk might, even should she not be pregnant, remain in the breasts for some months after she has weaned her child.

Milk in the breast—however small it might be in quantity—is, especially in a first pregnancy, a very reliable sign ; indeed, we might go so far as to say a certain sign of pregnancy. The veins of the breast look more blue, and are consequently more conspicuous than usual, giving the bosom a mottled appearance. The breasts themselves are firmer and more knotty to the touch. The nipples, in the majority of cases, look more healthy than customary, and are somewhat elevated and enlarged ; there is generally a slight moisture upon their surface, sufficient in some instances to mark the linen.

Dark Circle Around the Nipple.

A dark-brown areola or disc may usually be noticed around the nipple, the change of color commencing about the second month. The tint at first is light brown, which gradually deepens in intensity, until towards the end of pregnancy the color may be very dark. Dr. Montgomery, who has paid great attention to the subject, observes :



THE VITAL SYSTEM.

A. Heart. B, B. Lungs. C. Liver. D. Stomach. S. Spleen.
m, m. Kidneys. *g.* Bladder. *d* is the diaphragm which forms the partition between the thorax and abdomen. Under the latter is the cardiac orifice of the stomach, and at the right extremity, or pit of the stomach, is the pyloric orifice; below are the large and small intestines. *i.* Womb. *h, h.* Ovaries. *g.* Bladder.

The longings of a pregnant lady are sometimes truly absurd; but like almost everything else, "it grows upon what it is fed." They long for sucking pig, for the cracklings of pork, for raw carrots and raw turnips, for raw meat—for anything and for everything that is unwholesome, and that they would at any other time loathe and turn away from in disgust. The best plan of treatment for a pregnant lady, who has longings, to adopt is, not to give way to such longings, unless, indeed, the longings be of a harmless, simple nature, and they then will soon pass harmlessly by.

Mental Excitement.

Excitability of mind is very common in pregnancy, more especially if the patient be delicate; indeed, excitability is a sign of debility, and requires plenty of good nourishment, but few stimulants.

Likes and dislikes in eating are of frequent occurrence in pregnancy—particularly in early pregnancy—more especially if the patient has naturally a weak digestion. If her digestion be weak, she is sure to have a disordered stomach—one following the other in regular sequence. A little appropriate medicine, from a medical man, will rectify the evil and improve the digestion, and thus do away with the likes and dislikes in eating. Liver- or sulphur-colored patches on the skin—principally on the face, neck and throat—are tell-tales of pregnancy, and to an experienced matron, publish the fact that an acquaintance thus marked is *enceinte*.

The Best Clothing.

Some newly-married wives, to hide their pregnancy from their friends and acquaintances, screw themselves up in tight stays and in tight dresses. Now, this is not only foolish, but it is dangerous, and might cause either a miscarriage, or a premature labor, or a cross-birth, or a bearing-down of the womb. A wife, then, more especially during pregnancy, should, to the breasts and to the abdomen,

"Give ample room and verge enough."

A lady who is pregnant ought on no account to wear tight dresses,

A lady who, during the greater part of the day, lolls either on a sofa or on an easy chair, and who seldom walks out, has a much more lingering and painful labor than one who takes moderate and regular open-air exercise, and who attends to her household duties. An active life is, then, the principal reason why the wives of the poor have such quick and easy labors, and such good recoveries; why their babies are so rosy, healthy and strong, notwithstanding the privations and hardships and poverty of the parents.

Advantages of Activity.

Bear in mind, that a lively, active woman has an easier and quicker labor and a finer race of children than one who is lethargic and indolent. Idleness brings misery, anguish and suffering in its train, and particularly affects pregnant ladies. Oh, that these words would have due weight, then this book will not have been written in vain! The hardest work in the world is having nothing to do. "Idle people have the most labor;" this is particularly true in pregnancy; a lady will, when labor actually sets in, find to her cost that idleness has given her the most labor.

Says quaint old Burton: "Idleness is the badge of gentry, the bane of body and mind, the nurse of Naughtiness, the stepmother of Discipline, the chief author of all Mischief, one of the seven deadly sins, the cushion upon which the Devil chiefly reposes, and a great cause, not only of Melancholy, but of many other diseases, for the mind is naturally active, and if it be not occupied about some honest business, it rushes into Mischief or sinks into Melancholy."

A lady sometimes looks upon pregnancy more as a disease than as a natural process; hence, she treats herself as though she were a regular invalid, and, unfortunately, she too often makes herself really one by improper and by foolish indulgences.

Ventilation—Drainage.

Let a lady look well to the ventilation of her house; let her take care that every chimney be unstopped, and during the daytime that



A FŒTUS OF FIVE MONTHS' AGE WITH THE SURROUNDING
MEMBRANE.

- a. A portion of deciduous membrane. b. b. The placenta (afterbirth).
c. The chorion. d. The amnion with the fœtus within it.

CHAPTER XI.

THE HUMAN OVUM, OR EGG.

Birth of Plants—How Animalcules are Formed—Amazing Number of Eggs in Fishes—Spontaneous Generation a Myth—Ovaries of the Human Female—Seminal Fluid of the Male—Reception of the Ovum by the Uterus—The Germinal Centre—Anatomy of the Testes—Evolution of Spermatozoa—Result of Impregnation—“The Turn of Life”—Remarkable Changes at Puberty—Woman’s Organization Finer than that of Man—Peculiarities and Mission of Woman.

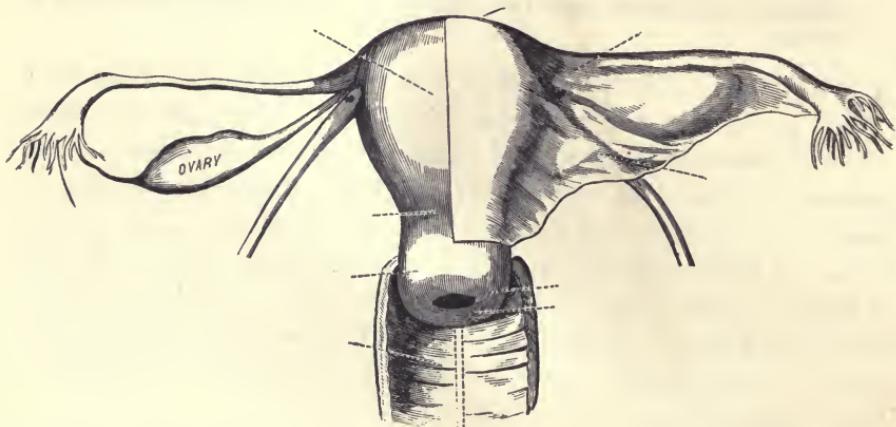
REPRODUCTION in animals is curiously analogous to the same process in the vegetable kingdom. There are the same varieties in the modes of multiplication and generation. The process of generation in some of the lower animal organizations is exactly like the throwing out of new bulbs in plants. The polypes throw out buds which in a little while grow mouths, fringed with cilia or tentacles, while they are still holding by stalks and drawing part of their nourishment from their parents. When enough matured to get their own living they drop off, swim away, and shift for themselves. This is gemmation.

Fission is a common mode of propagation or multiplication among the infusoria. An animalcule is seen to contract in a ring around its centre; the fissure deepens and it divides into two distinct beings, which also divide, and so on, multiplying with surprising rapidity. It has been estimated that one of these animalcules could produce by these successive divisions in eight weeks a progeny of two hundred and sixty-eight millions.

This reproductive power is, however, almost rivalled by some fishes and insects. The carp lays seven hundred thousand eggs in a season, and lives two hundred years. The possible progeny of a pair of these fishes is almost beyond computation. The cod is said to produce from four to nine millions of eggs. The female termite lays sixty thousand eggs a day for a considerable period.

Some of the lower animals may be multiplied artificially like vegetables. Thus, if some species of the polypus are cut in pieces, each piece produces the missing parts so as to become a perfect animal, as cuttings of a geranium produce geraniums.

But perhaps the most curious mode of multiplication takes place in some sea-worms. They divide into sections by constricting rings, and each section forms for itself head, eyes, etc., at one extremity, and tail at the other, while yet the sections are united; but when all is ready each section sets up its own independent life, and then produces in its



STRUCTURE OF THE WOMB AND ITS APPENDAGES.

body germs of similar worms, by the more usual process, just as some vegetables propagate by seeds, as well as by bulbs or tubers.

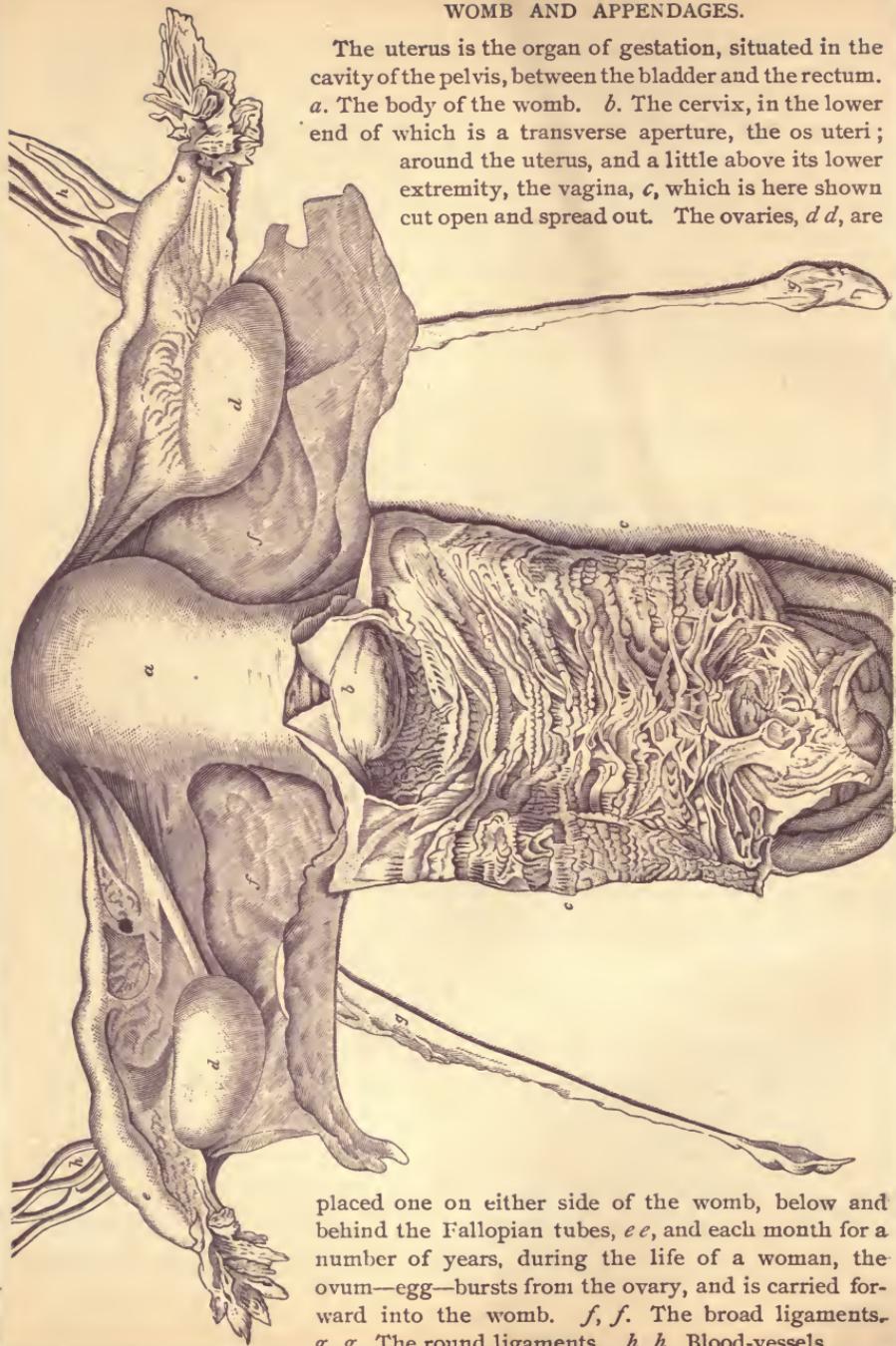
Seeds in Vegetables and Eggs in Animals.

These modes of multiplication—fission, gemmation, etc.—such as we have described are, however, not the rule in nature, but the exception, or variation—a ruder method of the extension of life, which is confined to the lower forms of animal existence. As vegetables are generally produced from seeds, animals are generally produced from eggs. There is no good reason, so far as we now know, to believe that there is any spontaneous generation of vegetables or animals—that is, that

WOMB AND APPENDAGES.

The uterus is the organ of gestation, situated in the cavity of the pelvis, between the bladder and the rectum.
a. The body of the womb. *b.* The cervix, in the lower end of which is a transverse aperture, the os uteri;

around the uterus, and a little above its lower extremity, the vagina, *c*, which is here shown cut open and spread out. The ovaries, *dd*, are



placed one on either side of the womb, below and behind the Fallopian tubes, *ee*, and each month for a number of years, during the life of a woman, the ovum—egg—bursts from the ovary, and is carried forward into the womb. *ff.* The broad ligaments. *gg.* The round ligaments. *hh.* Blood-vessels.

character and power—lies all that shall distinguish the highest example of human civilization and culture from the lowest savage—poet, philosopher, hero, idiot ruffian lunatic—all the possibilities and potentialities of humanity.

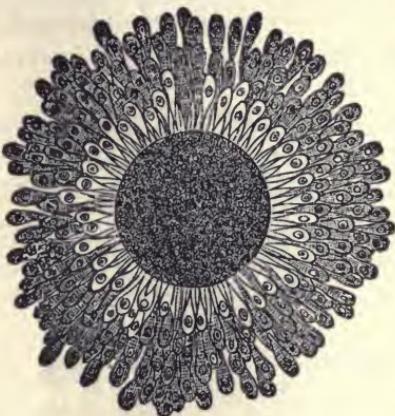
Wonders of Generation.

At a certain period in the life of a plant, in organs prepared for that important function, are formed the germs of new plants. The germ producing organ, frond or flower, does its work and dies. The tree lives on, but each individual bud, producing flower and seed or fruit, perishes. This is the law of vegetative generation.

Such is also, to a great extent, the law of insect life. The insect produces one crop of germs; they are fertilized by one conjunction of the sexes; the eggs are deposited, sometimes in immense numbers, where they can be hatched in safety, and where its proper food can be found for the new being in the earliest stage of its development; and then, as if the whole purpose of life had been accomplished, the male and female alike perish. In some cases the male insect sacrifices his life in the very act of fecundation.

In the higher orders of animals, fishes, reptiles, birds and mammals, the production of germs goes on year after year in varying periods. The guinea-pig begins to breed at two months old, and the higher the type, the later is the period of germ formation, until in man the period of puberty or the beginning of the generative function is at about fifteen years, varying from twelve to eighteen, but the natural powers are scarcely at their full strength and fitness until some years later.

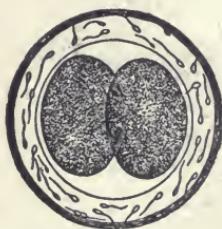
The power of reproduction as to numbers seems to be in the



RIPE OVUM SURROUNDED BY CELLS.

inverse ratio as to development. The lowest forms of life multiply with amazing rapidity; some insects produce myriads, fishes spawn eggs by millions, hens lay an egg a day for months together, rabbits, cats, dogs breed every few months, and have at each birth a numerous progeny, while the higher orders of mammalia produce their young but once a year, and have but one, or, in rare cases, two at a birth.

When the human germ has been slowly formed in the ovary, and perfected up to the period when it bursts forth in its first birth, fit for impregnation, it is nine months in arriving at the development which fits it for birth and independent existence. For twelve months more it draws its supply of nutriment from the mother, and two years may be considered the normal interval from birth to birth. It should never



OVUM STILL MORE ADVANCED
IN THE TUBE.



THE OVUM FROM THE LOWER
END OF FALLOPIAN TUBE.

be less with a proper regard to the health of the mother, and the proper development of her children, and the practice of shortening this period by hiring wet nurses is a violation of nature which is avenged on parents and their offspring.

What the Ovaries are For.

The mother is exhausted by too frequent child-bearing, and children are deprived of the love, the magnetism, the life of the mother, which comes to them from her blood transformed into the most delicious food for them, and the nervous and spiritual food which no money can buy, and no one but the mother can give.

The human germ cell or egg is formed from the blood in a gland-like organ, about an inch and a half long, oval shaped, placed in the

CHAPTER XII.

EMBRYOLOGY, OR DEVELOPMENT OF THE FŒTUS.

Order of Growth—Vital Point of the Egg—Ovum Protected by Membranes—Resemblance to the Egg of the Fowl—Rapid Changes of the Germ—Sizes of the Ovum at Different Periods—Formation of Bone and Muscle—Growth of the Vital Organs—How the Embryo is Nourished—Birth of More than One Child—Second Conception—Period of Gestation—Pregnancy Table—Number of Days to be Reckoned—From What to Date the Count—Mistakes in Reckoning—The Sex of the Child—Proportion of Boys to Girls.

THE ovum once impregnated, nature carries forward its development, as nearly as can be observed, in the following order: The ovum is, from the first, enveloped in two membranes, the outer of which is called the chorion, the inner the amnion. Within lies the principle of life, the germ of the complex being. The ova of all the higher animals are alike at this period, and one cannot be distinguished from another. The amnion or inner membrane secretes upon its inner surface the liquid in which the foetus is suspended during the whole period of gestation. The chorion or outer covering, on the other hand, acts outwardly, throwing out villi, which, gathered at one point, at a certain period unite with vessels on the inner surface of the uterus, and form the placenta or afterbirth, by which the foetus is nourished from the blood of the mother.

The central germinal point of the egg and its two coverings form the three parts of a regular cell formation—cell, nucleus and nucleolus.

While the ovum is gradually passing down the Fallopian tube, propelled by the action of its ciliary bodies, a journey which lasts from eight to fourteen days, and in the course of which it is liable to impregnation, the uterus is preparing for its reception. A delicate secretion is poured out over its whole internal surface, which is organized into a membrane called the decidua, so that when the ovum arrives

icity whatever, they may of this. Time is one of the elements of the universe, whether marked by the beatings of the heart and the movements of respiration or the cycles of the stars, which require millions of millions of years for their completion.

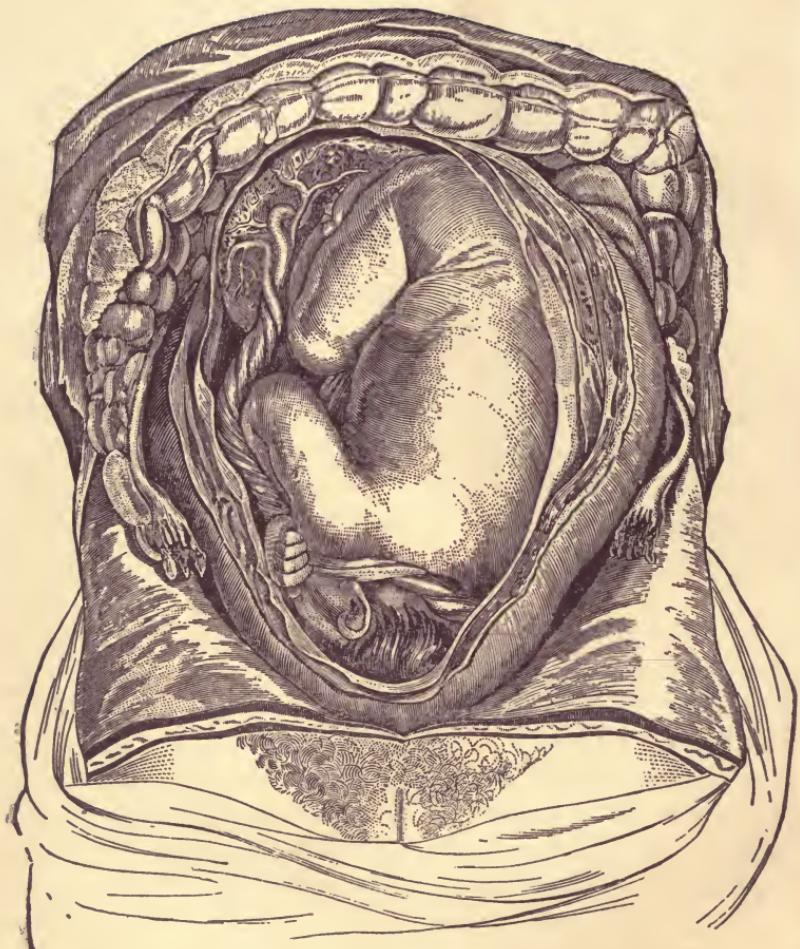
Regularities of action and consequent accuracy of periods are inherent qualities of the intelligent soul and organic life. It is the organic life that presides over the development of the foetus, and fixes the time for its expulsion. But this organic principle is not a machine. It has the power, for good reasons, to bring on the process of labor earlier, or postpone it to a later period.

Time Required for Gestation.

The normal period of pregnancy is forty weeks or nine months, reckoning from the last menstrual period. But, as some persons have a quicker pulse than others, so in some the vital processes may be more rapid. There are also diseased irregularities which vary the time. Even domestic animals vary weeks in their periods. A gestation, even in a tolerably healthy woman, may be prolonged two or three weeks, and, in disease, still further. On the other hand, it may come on prematurely.

There have been cases where a foetus of six months has been born and lived, but seven months is generally considered the period of viability. At this time, even where miscarriages are artificially produced, it is said that two children out of three live. A reasonable man may be satisfied of the legitimacy of his child, if he has not been absent from its mother more than seven months at the period of its birth; and if he can count eight months from his first connection to the birth of a full-grown infant, he has no reason to be dissatisfied. Seven months children are said to occur oftenest in a first pregnancy.

There is no probability, we might say, possibility, that when the uterus is occupied by one foetus, and all avenues to the ovaries are blocked up, another later conception can take place. But there is no reason why a woman may not have twins by two fathers, who have connection with her at nearly the same time; and there are several



POSITION OF THE CHILD AT BIRTH.

cases in which twins have been born, one white and the other mulatto, or mulatto and black, in which the mother avowed that such a state of facts existed. In the same way a litter of pups may be sired by several males, each pup bearing a resemblance to its particular father.

Cases of Twins or More.

This brings up the oft-agitated question, whether, after an ovule has been impregnated and passed down into the cavity of the uterus, another ovule may not be fecundated; so that the products of two conceptions may undergo their respective developments in the uterus, and be delivered at an interval corresponding to that between the conceptions.

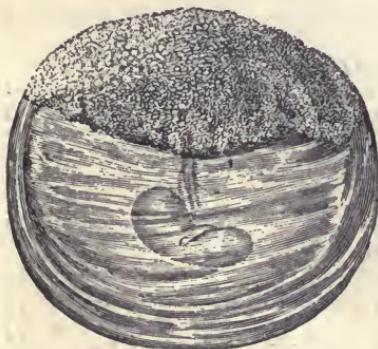
Many physiologists have believed this to be possible, and have given it the name of *superfecitation*. The case, cited from Sir Everard Home, of a young female, who died on the seventh or eighth day after conception, exhibits that the mouth of the womb is at an early period completely obstructed by a plug of impervious mucus, and that the inner surface of the uterus is lined by an efflorescence of plastic matter, the nature of which

OVUM, SHOWING FORMATION OF
AFTERBIRTH.

is well known to the student of physiology.

When such a change has been effected, it would seem to be impossible for the male sperm to reach the ovary; and, accordingly, the general belief is, that superfecitation is only practicable prior to these changes, and where there is a second vesicle ripe for impregnation. Of this kind of superconception or superfecundation it is probable that twin and triplet cases are often, if not always, examples; one ovule being impregnated at one copulation, and another at the next.

It may happen, too, that although two ova may be fecundated, both embryos may not undergo equal development. One, indeed, may be arrested at an early stage, although still retaining the vital force. In



about which day the labor might occur, will, we trust, be found very useful. This table allows three days over the 280 days—making 283 days; that is to say, “the count” of 280 days commences three days after the last day of a lady being “unwell.” The reason we have chosen three days after the last day of menstruation is, a lady is more likely to conceive a few days—say three days—after the last day of her “periods” than at any other time. The reckoning, then, in this table is made to begin from the last day of “her periods”—three days being allowed over for conception—thus making 283 days from the last day of “the periods” until the completion of the pregnancy on or about which day—the 283d day—the labor is likely to occur.

<i>Last Day of “the Periods.”</i>	<i>Labor On or About</i>	<i>Last Day of “the Periods.”</i>	<i>Labor On or About</i>
Jan. 1	Oct. 11	Jan. 27	Nov. 6
“ 2	“ 12	“ 28	“ 7
“ 3	“ 13	“ 29	“ 8
“ 4	“ 14	“ 30	“ 9
“ 5	“ 15	“ 31	“ 10
“ 6	“ 16	Feb. 1	“ 11
“ 7	“ 17	“ 2	“ 12
“ 8	“ 18	“ 3	“ 13
“ 9	“ 19	“ 4	“ 14
“ 10	“ 20	“ 5	“ 15
“ 11	“ 21	“ 6	“ 16
“ 12	“ 22	“ 7	“ 17
“ 13	“ 23	“ 8	“ 18
“ 14	“ 24	“ 9	“ 19
“ 15	“ 25	“ 10	“ 20
“ 16	“ 26	“ 11	“ 21
“ 17	“ 27	“ 12	“ 22
“ 18	“ 28	“ 13	“ 23
“ 19	“ 29	“ 14	“ 24
“ 20	“ 30	“ 15	“ 25
“ 21	“ 31	“ 16	“ 26
“ 22	Nov. 1	“ 17	“ 27
“ 23	“ 2	“ 18	“ 28
“ 24	“ 3	“ 19	“ 29
“ 25	“ 4	“ 20	“ 30
“ 26	“ 5	“ 21	Dec. 1

she has gone about one hundred and twenty-four days; she has, therefore, about one hundred and fifty-six more days to complete the period of her pregnancy.

Suppose, for instance, that she first quickened on May the 17th, she may expect to be confined somewhere near October the 23d. She must bear in mind, however, that she can never make so correct a "count" from quickening (quickening taking place at such various periods) as from the last day of her "periods."

A lady is occasionally thrown out of her reckoning by the appearance, the first month after she is *enceinte*, of a little "show." This discharge does not come from the womb, as that organ is hermetically sealed; but from the upper part of the vagina—the passage to the womb—and from the mouth of the womb, and may be known from the regular menstrual fluid by its being much smaller in quantity, by its clotting and by its lasting generally but a few hours. This discharge, therefore, ought not to be reckoned in the "count," but the "period" before must be the guide, and the plan should be adopted as previously recommended.

"Is It a Boy or a Girl?"

It has frequently been asked: "Can a medical man tell, before the child is born, whether it will be a boy or a girl?" Dr. F. J. W. Packman answers in the affirmative. "Queen bees lay female eggs first, and male eggs afterwards. In the human female, conception in the first half of the time between menstrual periods produces female offspring, and male in the latter. When a female has gone beyond the time she calculated upon, it will generally turn out to be a boy." It was well to say generally, as the above remarks, as we have had cases to prove, are not invariably to be depended upon. We believe, notwithstanding, that there is a good deal of truth in Mr. Packman's statement.

Some wiseacres of nurses profess themselves to be very clever in foretelling, some months before the babe is born, whether it will be a boy or girl. They base their prognostications on some such grounds

CHAPTER XIII.

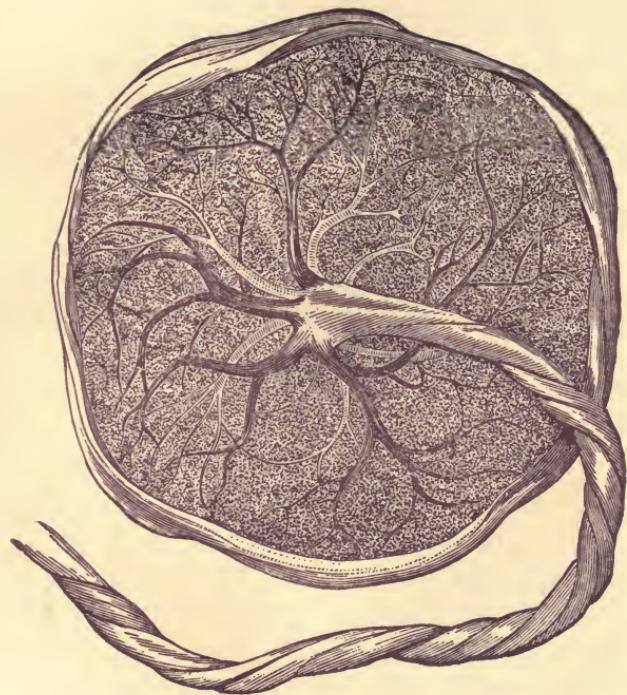
PARTURITION, OR LABOR.

First Symptoms of Labor—"Grinding Pains"—Shivering Sensations—Stomach Sickness—Bearing Down and Cramps—Labor a Natural Process—Forced Assistance Dangerous—Use of Instruments—Average Time of Labor—The After-Pains—Three Stages of Labor—Directions to Nurses—Position of the Patient—Costiveness—Use of Chloroform—What If the Doctor Is Absent?—Stillbirths, and How to Treat Them—The Afterbirth—Clothing After Labor—Rest and Refreshment—Bandaging—The Sick Room—Attention to the Bladder—Treatment for the Bowels—Ignorant Nurses—Quietude and Employment.

AS the first labor is generally the most tedious and the most severe of any, it behooves a newly-married woman to "hearken unto counsel," and thus to prepare for the coming event. Strict observance of the advice contained in these pages will often make a first labor as easy and as expeditious as an after-labor. But observance of the counsel herein contained must be adopted, not only during pregnancy, but likewise during the whole period—from the very commencement—of wifehood.

A day or two before the labor commences the patient usually feels better than she has done for a long time; she is light and comfortable; she is smaller, and the child is lower down; she is more cheerful, breathes more freely, and is more inclined to take exercise, and to attend to her household duties; she has often an inclination to tidy her drawers, and to look up and have in readiness her own linen and the baby's clothes, and the other requisites for the long-expected event; she seems to have a presentiment that labor is approaching, and she has the feeling that now is the right time to get everything in readiness, as, in a short time, she will be powerless to exert herself.

Although the majority of patients, a day or two before the labor comes on, are more bright and cheerful, some few are more anxious, fanciful, fidgety and restless.



FETAL SURFACE OF THE PLACENTA (AFTERBIRTH).

aid was indicated—that is to say, in a case, for instance, where the child remained for some hours stationary in the birth, although the pains continued intensely strong and very forcing. Hence, the importance, in midwifery, of employing a man of talent, of experience, of judgment and of decision. No branch of the profession requires more skill than that of an accoucheur.

The first confinement is generally twice the length of time of an after one, and usually the more children a lady has had, the quicker is her labor; but this is by no means always the case, as some of the after-labors may be the tedious, while the early ones may be the quick ones. It ought to be borne in mind, too, that tedious labors are oftentimes natural, and that they only require time and patience from all concerned to bring them to a successful issue.

Usual Length of Time.

It may be said that a first labor, as a rule, lasts six hours, while an after-confinement probably lasts but three. This space of time, of course, does not usually include the commencement of labor pains; but the time that a lady may be actually said to be in real travail. If we are to reckon from the commencement of the labor, we ought to double the above numbers—that is to say, we should make the average duration of a first labor, twelve; of an after one, six hours.

When a lady marries late in life—for instance, after she has passed the age of thirty—her first labor is usually much more lingering, painful and tedious, demanding a great stock of patience from the patient, from the doctor and from the friends; notwithstanding which, if she be not hurried and be not much interfered with, both she and her babe generally do remarkably well. Supposing a lady marries late in life, it is only the first confinement that is usually hard and lingering; the after-labors are as easy as though she had married when young.

Slow labors are not necessarily dangerous; on the contrary, a patient frequently has a better and more rapid recovery, provided there has been no interference, after a tedious than after a quick

confinement—proving beyond doubt that nature hates hurry and interference. It is an old saying, and we believe a true one, that a lying-in woman must have pain either before or after her labor; and it certainly is far preferable that she should have the pain and suffering before than after the delivery is over.

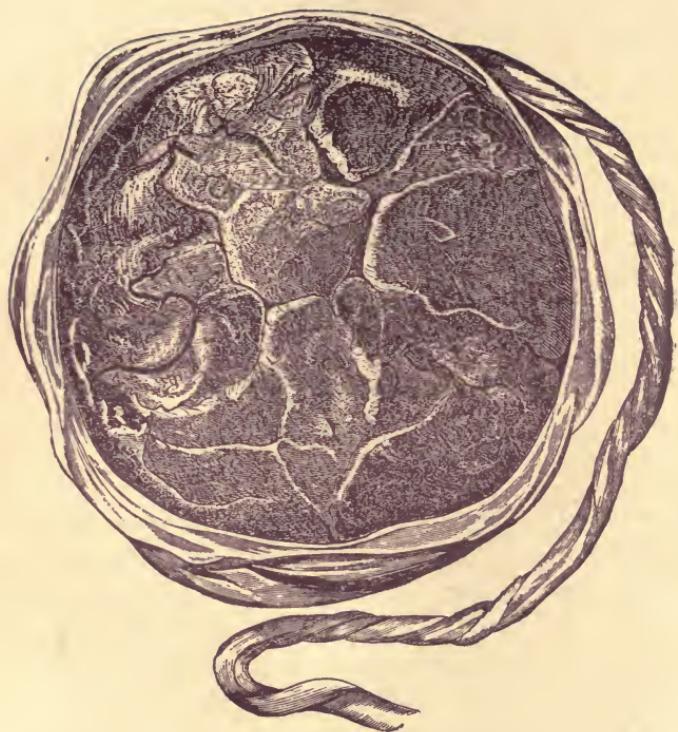
Results Effected by After-Pains.

It is well for a patient to know that, as a rule, after a first confinement, she never has after-pains. This is some consolation, and is a kind of compensation for her usually suffering more with her first child. The after-pains generally increase in intensity with every additional child. The after-pains are intended by nature to contract, to reduce, the womb somewhat to its non-pregnant size, and to assist clots in coming away, and therefore ought not to be needlessly interfered with. A judicious medical man will, however, if the pains be very severe, prescribe medicine to moderate, not to stop, them. A doctor, fortunately, possesses valuable remedies to alleviate the after-pains.

Nature, beneficent nature, oftentimes works in secret, and is doing good service by preparing for the coming event, unknown to all around. Pain, in the very earliest stages of labor, is not a necessary attendant. Although pain and suffering are the usual concomitants of childbirth, there are, nevertheless, well authenticated cases on record of painless parturition.

The Three Stages of Labor.

A natural labor may be divided into three stages. The first, the premonitory stage, comprising the "falling" or subsidence of the womb, and the "show." The second, the dilating stage, which is known by the pains being of a "grinding" nature, and in which the mouth of the womb gradually opens or dilates until it is sufficiently large to admit the exit of the head of the child, when it becomes the third, the completing stage, which is now indicated by the pains being of a "bearing-down," expulsive character.



UTERINE SURFACE OF THE PLACENTA (AFTERBIRTH).

gladness." "They that sow in tears shall reap in joy." Again: "I was in misery, and he helped me."

Joy that a Child is Born.

Tell her, too, that "sweet is pleasure after pain," and of the exquisite happiness and joy she will feel as soon as her labor is over, as, perhaps, the greatest thrill of delight a woman ever experiences in this world is when her babe is first born. She, as if by magic, forgets all the sorrow and suffering she has endured. Keble, in the *Christian Year*, well observes:

"Mysterious to all thought,
A mother's prime of bliss,
When to her eager lips is brought
Her infant's thrilling kiss."

How beautifully, too, he sings of the gratitude of a woman to God for her safe delivery from the perils and pangs of childbirth:

"Only let heaven her fire impart,
No richer incense breathes on earth :
'A spouse with all a daughter's heart,'
Fresh from the perilous birth,
To the great Father lifts her pale glad eye,
Like a reviving flower when storms are hushed on high."

Chloroform in Hard and Lingering Labor.

Mothers and doctors are indebted to Sir James Simpson for the introduction of chloroform, one of the greatest and most valuable discoveries ever conferred on suffering humanity.

Dr. Simpson, on first propounding the theory of the application of chloroform to patients requiring surgical aid, was stoutly opposed by certain objectors, who held that to check the sensation of pain in connection with "visitations of God" was to contravene the decrees of an All-wise Creator. What was his answer? That the Creator, during the process of extracting the ribs from Adam, must necessarily have adopted a somewhat corresponding artifice—"For did not God throw Adam into a deep sleep?" The Pietists were satisfied, and the discoverer triumphed over ignoble and ignorant prejudice,

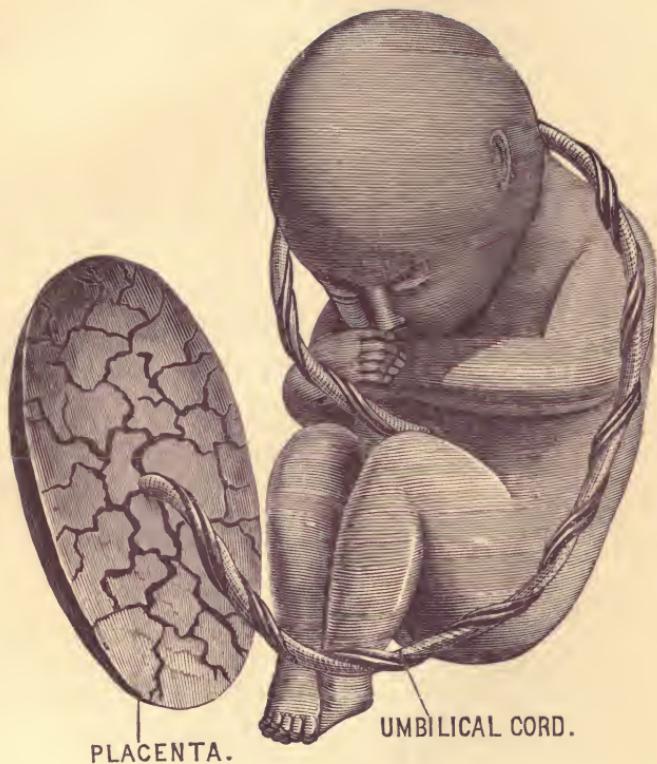
alone, been saved from threatened death. If you can once make an apparently still-born babe cry—and cry he must—he is, as a rule, safe. The navel-string, as long as there is pulsation in it, ought not to be tied.

The limbs, the back and the chest of the child ought, with the



POSITION OF TWINS IN THE WOMB.

warm hand, to be well rubbed. The face should not be smothered in the clothes. If pulsation have ceased in the navel-string (the above rules having been strictly followed, and having failed), let the navel-string be tied and divided, and then let the child be plunged into warm water— 98° Fahr. If the sudden plunge does not rouse res-



PLACENTA.

UMBILICAL CORD.

FETUS AT NINE MONTHS, FULLY DEVELOPED.

another bed or to a sofa ; which other bed or sofa should be wheeled to the side of the bed, and she must be placed on it by two assistants, one taking hold of her shoulders and the other of her hips, and thus lifting her on the bed or sofa, she herself being perfectly passive, and not being allowed to sit erect the while. She ought, during the time she is on the sofa, to maintain the level position.

She ought, after the first nine days, to sit up for an hour ; she should gradually prolong the time of the sitting up, but still she must, for the first fortnight, lie down a great part of every day. She should, after the first week, lie either on a sofa or on a horse-hair mattress.

Household Employment.

The above plan may appear irksome, but experience teaches that it is necessary—absolutely necessary. The old saw, after a confinement, is well worth remembering : “ To be soon well, be long ill.” The benefit the patient will ultimately reap from perfect rest and quietude will amply repay the temporary annoyance. Where the above rules have not been adopted, we have known flooding, bearing-down of the womb, and even “ falling ” of the womb, frequent miscarriages and ultimately ruin of the constitution, to ensue.

Some persons have an idea that a wife, for some months after childbirth, should be treated as an invalid—should lead an idle life. This is an error ; for all people in the world, a nursing mother should remember that “ employment is nature’s physician, and is essential to human happiness.” The best nurses and the healthiest mothers, as a rule, are workingmen’s, wives, who are employed from morning until night—who have no spare time unemployed to feel nervous, or to make complaints of aches and of pains or pity themselves ; indeed, so well does “ nature’s physician ”—employment—usually make them feel, that they have really no aches or pains at all—either real or imaginary—to complain of, but are hearty and strong, happy and contented ; indeed, the days are too short for them.

CHAPTER XIV.

MISCARRIAGE.

The Young Wife—Miscarriage Can Generally be Prevented—Necessity of Judicious Advice—Penalties of Ignorance—Causes of Premature Labor—Violence of Every Kind to be Avoided—Threatening Symptoms—Decided Symptoms—Two Stages—Time of Greatest Danger—Flooding Treatment for Miscarriage—Great Care Required—Sponge and Shower-baths—Separate Sleeping Apartment—Healthful Exercise.

If a premature expulsion of the child occur before the end of the seventh month, it is called either a miscarriage or an abortion ; if between the seventh month and before the full period of nine months, a premature labor. A premature labor, in the graphic language of the Bible, is called “an untimely birth,” and “untimely” in every sense of the word it truly is. “Untimely” for mother ; “untimely” for doctor ; “untimely” for monthly nurse ; “untimely” for all preconcerted arrangements ; “untimely” for child, causing him “untimely” death. A more expressive word for the purpose it is impossible to find.

There is a proneness for a young wife to miscarry, and woe betide her if she once establish the habit, for it, unfortunately, often becomes a habit. A miscarriage is a serious calamity, and should be considered in that light ; not only to the mother herself, whose constitution frequent miscarriages might seriously injure, and eventually ruin, but it might rob the wife of one of her greatest earthly privileges, the inestimable pleasure and delight of being a mother.

Now, as a miscarriage may generally be prevented, it behooves a wife to look well into the matter, and to study the subject thoroughly for herself, in order to guard against her first miscarriage ; for the first miscarriage is the one that frequently leads to a series. How necessary it is that the above important fact should be borne in mind. How much misery might be averted ; as then means would, by avoiding the usual causes, be taken to ward off such an awful calamity.

We are quite convinced that in the majority of cases miscarriages may be prevented.

Necessity of Correct Information.

Hence the importance of a popular work of this kind—to point out dangers, to give judicious advice, that a wife may read, ponder over, and “inwardly digest,” and that she may see the folly of the present practices that wives—young wives especially—usually indulge in, and thus that she may avoid the rocks they split on, which make a shipwreck of their most cherished hopes and treasures. How, unless a wife be taught, can she gain such information? That she can know it intuitively is utterly impossible. She can only know it from her doctor, and from him she does not often like to ask such questions.

She must, therefore, by a popular work of this kind be enlightened, or loss of life to her unborn babe, and broken health to herself, will, in all probability, be the penalties of her ignorance. It is utter folly to say that all such matters should be left entirely to the doctor—the mischief is usually done before he is consulted; besides, she herself is the right person to understand it, as she herself is the one to prevent it, and the one, if it be not prevented, to suffer. How many a broken constitution and an untimely end have resulted from the want of such knowledge as is contained in this book. It is perfectly ridiculous to assert that a doctor can, in a few minutes’ consultation, thoroughly inform a pregnant female of all that is necessary for her to know for the prevention of a miscarriage.

Causes and Evils of Miscarriage.

Let it then be thoroughly understood—first, that a miscarriage is very weakening—more weakening than a labor; and, secondly, that if a lady once miscarried, she is more likely to miscarry again and again, until, at length, her constitution be broken, and the chances of her having a child become small indeed. Woe betide such an one if she become the victim of such a habit.

A slight cause will frequently occasion the separation of the child from the mother, and the consequent death and expulsion of the

CHAPTER XV. LACTATION, OR NURSING.

Maternal Cares and Duties—Nursing a Pleasure to the True Mother—Nursing Natural and Healthy—Best Food for the Child—Ailments of the Breasts—Milk-Fever—Gatherings—Care of the Nipples—Outward Applications—Stated Times for Nursing—Danger of Overfeeding—Clothing for the Mother—What the Nursing Mother Should Eat—How Food and Drink Affect the Mother—Variety of Diet Recommended—Fits of Depression—Evils of Alcoholic Drinks—Benefits of Exercise—An Amiable Temper—Keeping Mind and Hands Occupied—Work a Grand Panacea—The Menses During Nursing.

MATERNAL cares and duties do not cease with labor, with the bringing forth of a child. The child must be started right, must have a good beginning to its endless career, and the mother is needed every moment during the tender years of infancy as well as during the later years of youth and coming maturity. A mother ought not, unless she intend to devote herself to her baby, to undertake to suckle him. She must make up her mind to forego the so-called pleasures of a fashionable life. There ought, in a case of this kind, to be no half-and-half measures ; she should either give up her helpless babe to the tender mercies of a wet-nurse, or she must devote her whole time and energy to his welfare—to the greatest treasure that God hath given her.

If a mother be blessed with health and strength, and if she have a good breast of milk, it is most unnatural and very cruel for her not to suckle her child ; on the contrary, it is a great satisfaction, and every true mother will so regard it. She will sympathize with these lines of the poet Rogers :

The hour arrives, the moment wished and feared ;
The child is born, by many a pang endeared !
And now the mother's ear has caught his cry—
Oh ! grant the cherub to her asking eye !
He comes—she clasps him ; to her bosom pressed
He drinks the balm of life, and drops to rest,

Some old nurses recommend a mother to partly nurse and to partly feed a new-born babe. Now, this is a mistake ; there is nothing like, for the first few months—for the first four or five—bringing up the child on the mother's milk, and on the mother's milk alone. After the first four or five months, if the mother should not have enough milk, then a little artificial food might be given. Ponder well, therefore, before it be too late, on what we have said—health of mother and health of babe, human life and human happiness are at stake, and depend upon a true decision.

The Breast and Its Ailments.

As soon as the patient has recovered from the fatigue of her labor—that is to say, in about four or six hours—attention ought, more especially in a first confinement, to be paid to breasts. In a first confinement there is, until the third day, but very little milk ; although there is usually on that day, and for two or three days afterwards, a great deal of swelling, of hardness, of distention, and uneasiness of the breasts ; in consequence of which, in a first confinement, both care and attention are needed.

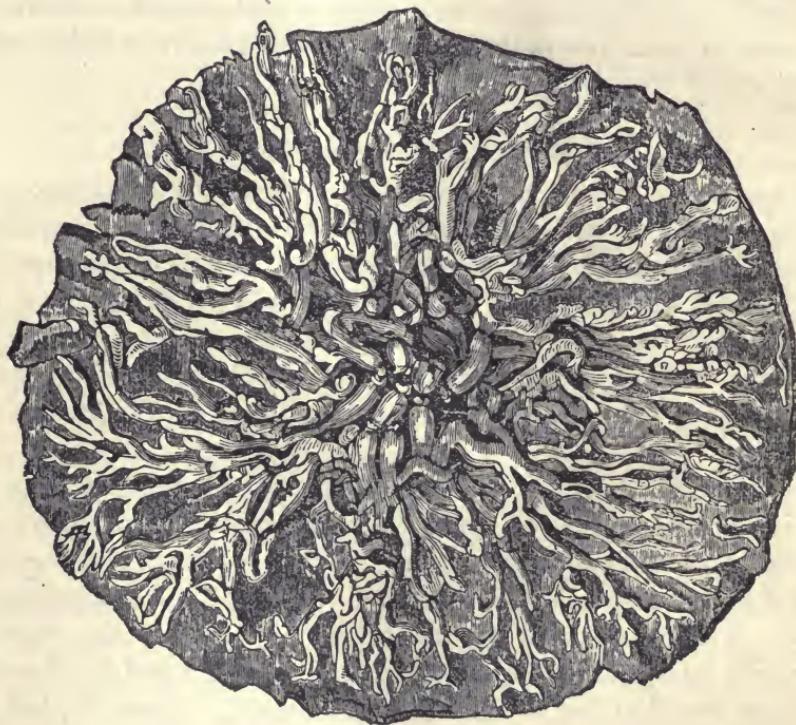
Not only so, but there is frequently, at this time, a degree of feverishness ; which, in some cases, is rather severe, amounting even to what is called milk-fever. Now, milk-fever, if circumspection and pains be not taken to prevent it, may usher in a bad gathered breast. If there be milk in the breasts, which may be readily ascertained by squeezing the nipple between the finger and the thumb, the infant should at first be applied, not frequently, as some do, but at considerable intervals, say until the milk be properly secreted, every four hours ; when the milk flows, the child ought to be applied more frequently, but still at stated times.

The child ought never to be allowed to be put to the nipple until it be first satisfactorily ascertained that there be really milk in the bosom ; neglect of this advice has caused many a gathered breast, and has frequently necessitated the weaning of the child.

To wash away any viscid mucus from the nipple, or any stale

to drink much fluid, as it would only encourage a larger secretion of milk. The size of the bosoms under the above management will in two or three days decrease, all pain will cease, and the infant will, with ease and comfort take the breast.

If the breasts are tolerably comfortable (which in the second and in succeeding confinements they probably will be), let nothing be done



MILK-DUCTS IN THE HUMAN MAMMA.

to them, except as soon as the milk comes, at regular intervals, applying the child alternately to each of them. Many a bosom has been made uncomfortable, irritable, swollen, and even has sometimes gathered, by the nurse's interference and meddling. Meddlesome nursing is bad, and we are quite sure that meddlesome breast-tending is equally so. A nurse, in her wisdom, fancies that by rubbing, by pressing, by squeezing, by fingering, by liniment, and by drawing, that

she does great good, while in reality, in the majority of cases, by such interference she does great harm.

Too Much Interference by Nurses.

The child will, in second and in succeeding confinements, as a rule, be the best and the only doctor the bosoms require. We are quite convinced, that, in a general way, nurses interfere too much, and that the bosoms in consequence suffer. It is, of course, the doctor's and not the nurse's province, in such matters, to direct the treatment ; while it is the nurse's duty to fully carry out the doctor's instructions.

There is nothing, in our opinion, that more truly tells whether a nurse be a good one or otherwise, than by the way she manages the breasts. A good nurse is judicious, and obeys the medical man's orders to the very letter, while on the other hand, a bad nurse acts on her own judgment, and is always quacking, interfering, and fussing with the breast, and doing on the sly what she dare not do openly. Such conceited, meddlesome nurses are to be studiously avoided ; they often cause, from their meddlesome ways, the breasts to gather.

Let the above advice be borne in mind, and much trouble, misery, and annoyance might be averted. Nature, in the majority of cases, manages these things much better than any nurse possibly can do, and does not as a rule, require helping. The breasts are sadly too much interfered and messed with by nurses, and by nurses who are in other respects tolerably good ones. No ; nature is usually best left alone : she works in secret, deftly and well, and resents interference--more especially in the cases we have just described. Nature, then, is generally best left alone. Nature is God's vicegerent here upon earth ; or, as Chaucer beautifully expresses it—

“Nature, the vicar of the Almighty Lord.”

Milk-fever, or Weed.

The lying-in patient is liable a few days—generally on the third day after her confinement—while the milk is about being secreted—to a feverish attack, called milk-fever, or weed, or ephemeral fever, and

vary her diet; let her ring the changes on boiled and stewed, or grilled and roast meats; on mutton and lamb and beef; on chicken and game and fish; on vegetables, potatoes and turnips; greens and cauliflower; on asparagus and peas (provided they be young and well-boiled), and Lima beans. The maxim of the greatest importance in reference to the materials of human food is mixture and variety—a maxim founded upon man's omnivorous nature. Animal and vegetable substances, soups and solid meat, fish, flesh, and fowl, in combination or succession, ought to form the dietary of every household

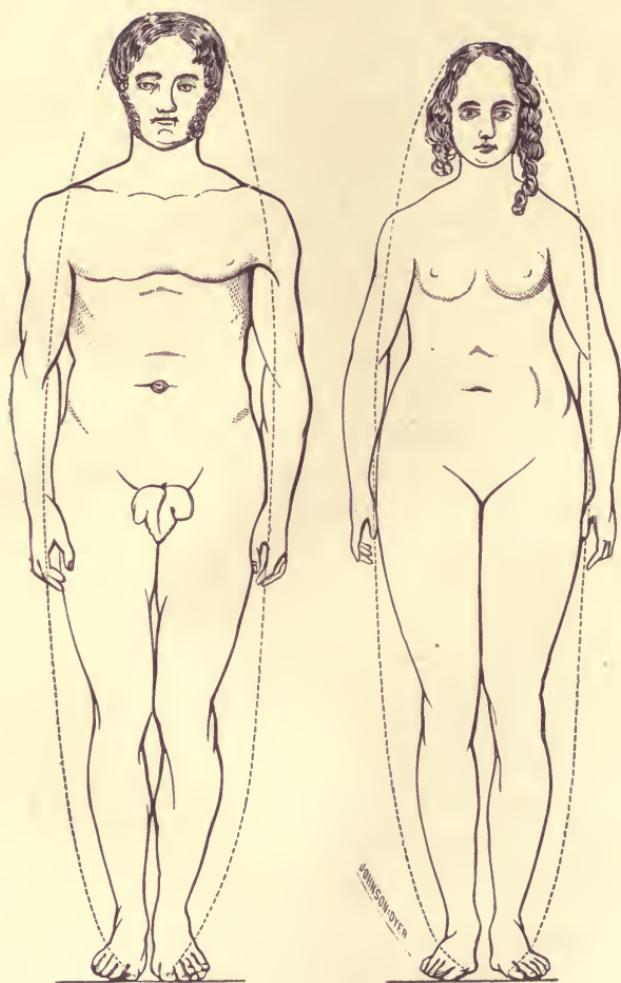
Common Sense the Best Guide.

But what we object to a nursing mother taking are: gross meats, such as goose and duck; highly-salted beef; shellfish, such as lobster and crab; rich dishes; highly-seasoned soup; pastry, unless it be plain; and cabbages and pickles, if found to disagree with the babe, and with any other article of food which is either rich, or gross, or indigestible, and which, from experience, she has found to disagree either with herself or with her child. It will, therefore, be seen, from the above catalogue, that our restrictions as to diet are limited, and are, we hope, founded both on reason and on common sense, which ought to be the guides and councillors of every nursing mother, and of everyone else besides.

A nursing mother is subject to thirst; when such be the case, she ought not to fly either to beer or to wine to quench it; this will only add fuel to the fire. The best beverages will be either toast and water, milk and water, barley-water and new milk (in equal proportion), or black tea, either hot or cold; cold black tea is a good quencher of thirst.

Mental Depression and How to Treat It.

A lady who is nursing is at times liable to fits of depression. Let us strongly urge the importance of her abstaining from wine and from all other stimulants as a remedy; they would only raise for a time her spirits, and then would depress them in an increased ratio. Either a drive in the country, or a short walk, or a cup of tea, or a chat with a



MALE AND FEMALE FORMS CONTRASTED.

CHAPTER XVI.

WEANING THE CHILD.

Best Time for Weaning—Effects of Prolonged Nursing—The Mother's Health to be Considered—Knock-kneed and Ricketty Children—Weaning Gradually—Applications for the Nipples—Aloes and Wormwood—Drying up the Milk—Preparations for Reducing Full Breasts—Symptoms Denoting the Necessity of Weaning—Delicate Mothers—Return of the Menses—Wet Nurses—Inflammation and How to Treat It—Infectious Diseases—Stimulants to be Avoided.

THREE is an old saying, "that a woman should carry her child nine months, and should suckle him nine months." It is well known that the first part of the old adage is correct, and experience has proved the latter to be equally so. If a babe be weaned before he be nine months, he loses that muscular strength which the breast-milk alone can give; if he be suckled after he be nine months, he becomes pallid, flabby, weak, and delicate. It is generally recognized that the healthiest children are those weaned at nine months complete. Prolonged nursing hurts both child and mother; in the child, causing a tendency to brain disease, probably through disordered digestion and nutrition; in the mother, causing a strong tendency to deafness and blindness. It is a very singular fact, to which it is desirable that attention were paid, that in those districts of Scotland—namely, the Highlands and insular—where the mothers suckle their infants from fourteen to eighteen months, deaf-dumbness and blindness prevail to a very much larger extent among the people than in districts where nine or ten months is the usual limit of the nursing period.

The Time When an Infant Should be Weaned.

This, of course, must depend upon the strength of the child, and upon the health of the mother: nine months on an average being the proper time. If she be delicate, it may be found necessary to wean him at six months; or if he be weak, or laboring under any disease, it may be well to continue suckling him for twelve months; but after

that time the breast will do him more harm than good, and will, moreover, injure the mother's health.

If he be suckled after he be twelve months old, he is generally pale, flabby, unhealthy, and rickety ; and the mother is usually nervous, emaciated, and hysterical. A child who is suckled beyond the proper time, more especially if there be any predisposition, sometimes dies either of water on the brain, or of consumption of the lungs, or of mesenteric disease.

A child nursed beyond twelve months is very apt, if he should live, to be knock-kneed, and bow-legged, and weak-ankled—to be narrow-chested and chicken-breasted—to be, in point of fact, a miserable little object. All the symptoms just enumerated are those of rickets, and rickets are damaging and defacing to “the human form divine.” Rickets are a very common complaint among children—nearly all arising from bad management—from hygienic rules not being either understood or followed. There are many degrees of rickets, ranging from bow-legs and knock-knees to a crooked spine—to a humpback.

How a Mother Should Wean Her Child.

She must, as the word signifies, do it gradually—that is to say, she should by degrees give him less and less of the breast, and more and more of artificial food ; she ought at length only to suckle him at night, and lastly, it would be well for the mother either to send him away or to leave him at home, and for a few days go away herself.

A good plan is for the nurse to have in the bed a half-pint bottle of new milk, which, to prevent it from turning sour, had been previously boiled, so as to give a little to the child in lieu of the breast. The warmth of the body will keep the milk of a proper temperature, and will supersede the use of lamps, of candle-frames and other troublesome contrivances. If the mother be not able to leave home herself, or to send her child from home, she ought then to let him sleep in another room, with some responsible person—we say responsible person, for a babe must not be left to the tender mercies of a giggling, thoughtless, young girl.

CHAPTER XVII.

AILMENTS OF THE MAMMÆ, OR BREASTS.

Small Nipples—Bad Effects of Pressure on the Breasts—Nipple-Shields, and How to Use Them—Best Applications—Cracked Nipples—Poor Supply of Milk—Applying Friction to the Breasts—Gatherings, and How Treated—Correct Position in Nursing—Sources of Inflammation—Sucking an Empty Breast—Permanent Injuries—Shivering Fits—Fainting Spells—Mother Not Strong Enough for the Child—Aperients During Nursing—Virtues of Brown Bread—Practice of Eating Honey and Fruit Jams—Use of Tea and Coffee—Evils of Constantly Dosing with Medicine.

A GOOD nipple is important both to the comfort of the mother and to the well-doing of the child. One, among many, of the ill effects of stays and of corsets is the pushing-in of the nipples ; sore nipples and consequent suffering are the result. Moreover, a mother thus circumstanced may be quite unable to suckle her infant, and then she will be severely punished for her ignorance and folly ; she will be compelled to forego the pleasure of nursing her own children. Ladies who never wear stays have much better nipples, and more fully-developed bosoms ; hence such mothers are more likely to make better nurses to their babes. There is no doubt that the pressure of the stays on the bosom tends both to waste away the gland of the breast (where the milk is secreted), and to cause the nipple either to dwindle or to be pushed in, and thus to sadly interfere with its functions. We would strongly advise every mother who has daughters old enough to profit by it, to bear this fact in mind, and thus to prevent mischief when mischief might be prevented, by not allowing them, when young, to wear corsets.

Treatment of Very Small and Drawn-in Nipples.

The babe ought to nurse through some good nipple-shield, approved by your doctor. We have known many mothers able to suckle their children with this invention, who otherwise would have been obliged either to have weaned them, or to have procured the

In many cases honey—pure honey—is most welcome and beneficial to the human economy. It is recommended to be occasionally eaten in lieu of butter for breakfast. Butter, in some localities, and in some seasons of the year, is far from good and wholesome. One of the qualities of honey is, it frequently acts as an aperient.

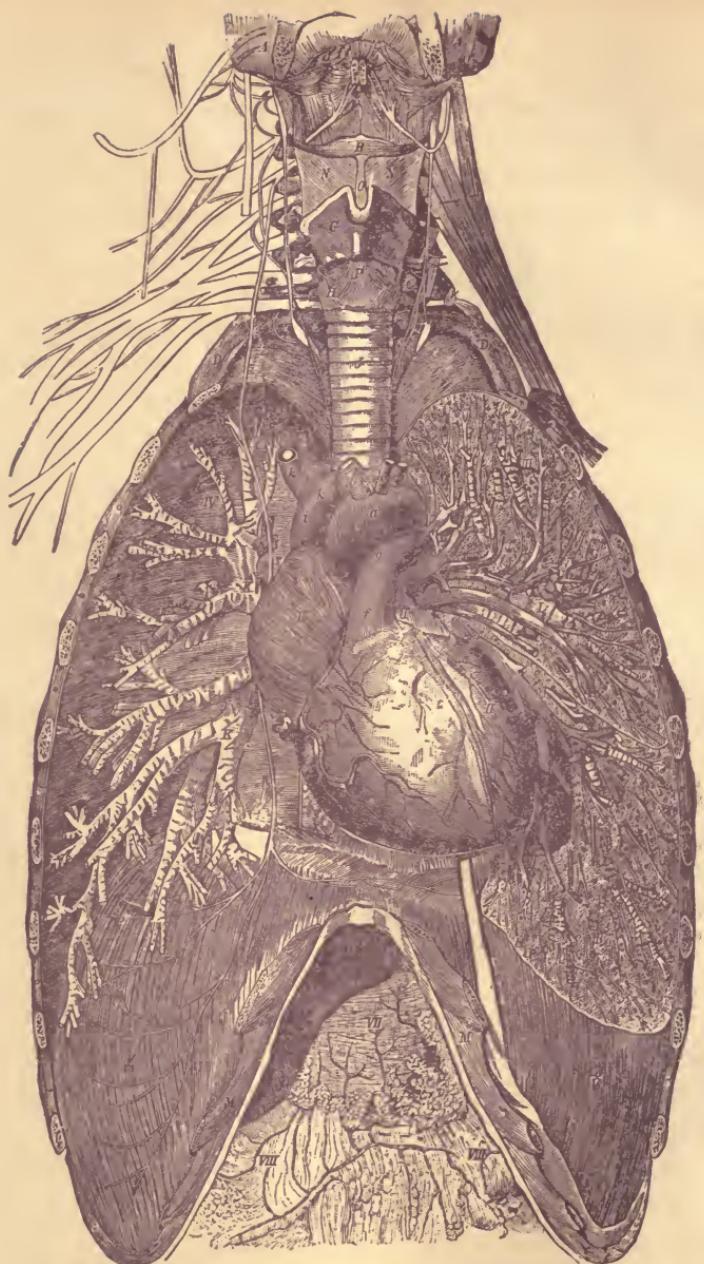
A Corrective Diet.

The Germans are in the habit of eating for breakfast and for tea a variety of fruit jams instead of butter with their bread. Now, if the bowels be costive, jam is an excellent substitute for butter; and so is honey. The Scotch, too, scarcely ever sit down either to breakfast or to tea without there being a pot of marmalade on the table. American ladies, in this matter, may well take a leaf out of the books of the Germans and of the Scotch.

A tumblerful of cold spring water, taken early every morning, sometimes effectually relieves the bowels; indeed, few people know the value of cold water as an aperient—it is one of the best we possess, and, unlike drug aperients, can never by any possibility do harm. We beg to call a mother's especial attention to the fact of water being an admirable aperient for children; for if our views in the matter be, to the very letter, carried out, much drugging of children may be saved—to their enduring and inestimable benefit. But the misfortune of it is, some mothers are so very fond of quacking their children, that they are never happy but when they are physicking them. The children of such mothers are deeply to be pitied.

Effects of Tea and Coffee.

Coffee ought to be substituted for tea for breakfast, as coffee frequently acts as an aperient, more especially if the coffee be sweetened with brown sugar. We would strongly recommend a patient to eat a great variety of food, and to let the vegetable element predominate. Much meat encourages constipation. Fruit—Muscatel raisins especially—farinaceous food, coffee, and a variety of vegetables, each and all incite the bowels to do their duty.



THE HEART AND LUNGS.

CHAPTER XVIII.

DISEASES PECULIAR TO WOMEN.

Chlorosis, or Green Sickness—Symptoms and Treatment—Suppression of the Menses—Promoting the General Health—Fresh Air and Exercise—Pleasant Recreation—Profuse Menstruation—Causes and Treatment—Proper Diet—Best Tonics—Leucorrhœa, or Whites—Indications of Inflammation—Baths and Injections—Location of the Disease—Falling of the Womb—How Caused—Remedies—Change of Life—Peculiarities of the Transition—Inflammation of the Breasts—Remedies to be Employed—Heartburn, Etc.—Constipation of Pregnancy—Toothache During Pregnancy—Varicose Veins—Urinary Difficulties—Secretion of Milk—Milk Fever—Puerperal Fever.

CHLOROSIS, or green sickness, is a disease which occurs exclusively among females, chiefly between the ages of thirteen and twenty-four, seldom at a later period; if it does, it can be traced to secondary disturbances, such as confinements of young women, coming rapidly one after another, more especially if the women nurse their own children.

The disease sometimes breaks out previous to the first appearance of the menses, more frequently after several menstrual periods; as an entirely primary disease, it only breaks out among unmarried women. It is, in some degree, hereditary; females of a pale complexion are more liable to be attacked with it; though no constitution is exempt from the disease, although delicate individuals with irritable nerves are more susceptible to it. Among other causes, we may mention: insufficient exercise, mental exertions, without corresponding muscular activity; excitement of the fancy, especially when caused by novel reading; excitement of the sexual instinct by onanism, improper converse with the other sex; deprivation of the open air, and interference with the free expansion of the chest by tight dresses. Chlorosis is very commonly met with among daughters of a tuberculous or consumptive mother.

This disease generally comes on very slowly, the patients become more irritable, they are apt to get tired after every little effort, they

are liable to changes of color, the skin soon loses its bright lustre, and the patient complains of feeling chilly at an early period of the disease. Inasmuch as the disease may be characterized by a variety of symptoms, we will describe the derangements as they appear in each special organ and system.

External and Internal Symptoms.

The skin at times has the color of wax; at other times it is rather yellowish, or of a dingy white, the veins being either not at all perceptible, or but indistinctly so; the color of the cheeks may change quite often, within a very brief period of time. The visible mucous membranes are more or less without color. Swelling of the feet and limbs sometimes occur, but only in the highest grades of the disease.

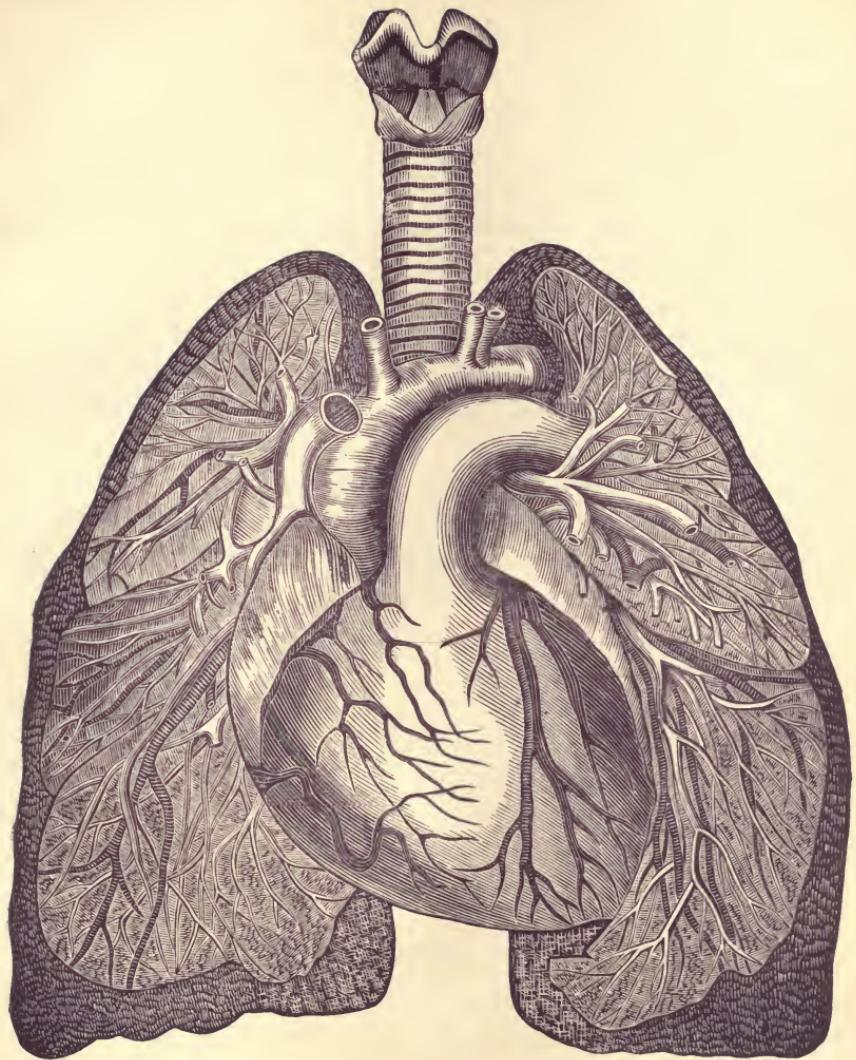
The following symptoms occur in the digestive range: impaired appetite, aversion to meat, longing for strange articles of diet, such as vinegar, chalk, coffee, beans; bloating of the stomach after every meal, sourness of the stomach, and generally the bowels are very torpid.

In the nervous system we discover excessive irritability, neuralgia, hysterical symptoms, fitful mood. The breathing is accelerated, the least physical exertion causes dyspnea (shortness of breath), sometimes to a very high degree. The circulation is accelerated, very seldom retarded; disposition to palpitations of the heart, which are easily excited by a physical effort. The menses are irregular, sometimes entirely suppressed, or very tardy, sometimes more profuse than usual, but always of a lighter color, or even quite colorless.

Heart Weakness and Palpitation.

Accompanying these symptoms are pains of the most diversified kind, very generally uterine catarrh. The urine has a strikingly pale color. The patients generally sleep very soundly, and have to sleep a long time, though sleep never refreshes them.

One or the other of these derangements is generally wanting. The one characteristic symptom is never absent: dyspnoea and palpitation



THE HEART AND LUNGS, SHOWING THE BLOOD-VESSELS IN THE LUNGS:
THE RUPTURE OF ANY ONE MAY CAUSE SPITTING OF BLOOD.

SUPPRESSION OR DELAY OF THE MENSES.

This suppression either takes place during the flow, or in consequence of causes acting previous to the actual appearance. In the former case a cold may have operated; or cold washing may be the cause, or the feet may have got chilled, or the patient may not have been sufficiently protected by her clothes; mental or moral emotions, vexations, chagrin, anger, fright, or dancing, sexual intercourse, dietetic transgressions may have led to the suppression.

Most of these causes, if operating shortly before the time when the menses were to come on, may cause their retention. A gradual suppression of the catamenia may take place in consequence of deficient nutrition, as well as of the abuse of warm beverages.

The more sudden the suppression of the menses, the more violent the changes arising from such an occurrence. Some of the most prominent symptoms are: Violent headache, great anxiety and oppression of breathing, nose-bleed, spitting of blood, congestions of the head, heart, and lungs, and the like. In some cases, a suppression of this kind gives rise to acute uterine catarrh.

If a physician is called in time, he will, of course, inquire what gave rise to the trouble, and will seek to remove the consequences of fright, mortification, anger, etc., by appropriate specific remedies. If the physician is not called until some time after the morbid symptoms have existed, the aforesaid remedies will no longer be applicable, and the constitutional condition generally will have to be acted upon by corresponding remedies, and you should follow the same course as a physician.

The Best Treatment.

If the menstrual flow (menses) never has appeared, and the patient is strong and healthy, and there is no menstrual molimen (symptoms or sensations of menstruation), it is not prudent to resort to any interference. Every means should be employed to strengthen and invigorate the system. The body, rather than the mental faculties, should be exercised. Life in the open air, and tonics containing iron, should

fullness of blood, determination of blood to the head, violent throbbing of the arteries of the head and neck, and nose-bleed. *Dose*: As directed for *Pulsatilla*.

PROFUSE MENSTRUATION.

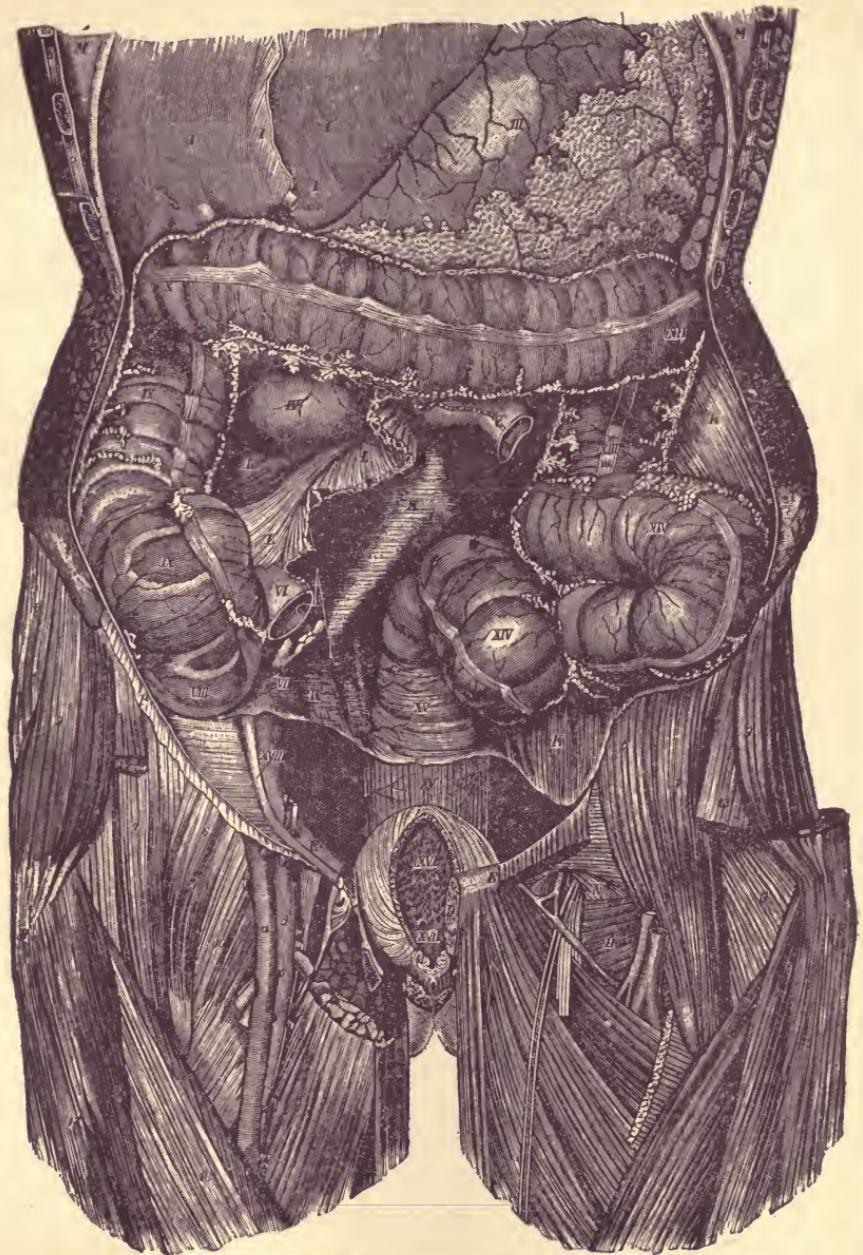
The quantity of the menstrual discharge varies a great deal in different individuals. The climate, constitution, and manner of living, have considerable influence. The duration of the discharge, and the periods of return, are also varied. In some women it continues from four to ten days, while in others it lasts only a few hours ; from three to six days is, however, the most usual period. The regularity is, in many cases, exact to a day, or even an hour ; while in others, a variation of several days is a usual occurrence, without the slightest disturbance in the usual health resulting therefrom.

An excess of loss of menstrual blood, a true menorrhagia, does not occur as often as it may seem to those who complain of it. To constitute menorrhagia, several circumstances have to occur that require to be carefully discriminated. The average of discharged blood has to exceed the ordinary loss quite considerably ; and then, again, we have to inquire whether the scantiness of the ordinary menstrual flow is not an abnormal diminution in the present case.

The menstrual flow is likewise considered too copious if it continues beyond the ordinary period, although this need not necessarily imply that the menses are profuse. It is, therefore, the morbid character of the menses that is necessary to determine the disorder, for a copious flow of the menses cannot be considered abnormal as long as the constitutional harmony is in no respect disturbed by it.

The Common Causes.

The causes of profuse menstruation are quite numerous, of which it may be best to make mention of a few : Excess is occasioned by onanism, novel-reading, a constant dwelling of the fancy upon sexual things, and the habitual use of heating beverages. A few other important points have to be added : Under certain circumstances, a pro-



THE LARGE INTESTINES AND MUSCLES OF THE THIGHS.

LEUCORRHœA—WHITES.

Simple catarrh is one of the most common derangements of the female sex. It originates in a variety of causes. In the first place, we have to mention as exciting causes, such as act directly upon the sexual organs—excessive coition and self-abuse, miscarriage, and to some extent confinements, which, if occurring in too rapid succession, almost always cause leucorrhœa, especially when, after the last-named causes, the patient persists in getting about too soon.

The influence of cold, damp weather, or exposure to cold and damp from the location of the residence in a marshy district, or perhaps the nature of the house itself (stone, with walls constantly moist on their inner surface), and from water standing in the cellar, especially when long continued, is a powerful promoter of leucorrhœa.

Symptoms of Inflammation.

An entire opposite, but not less numerous class of causes of this disease, may be found in the high living, stimulating spices, condiments, and drinks in which many women indulge.

At the first appearance of leucorrhœa, there are usually the indications of acute inflammation, pain, heat, and redness of the parts involved which may subside as the discharge becomes more and more fully developed. With this discharge, whether acute or chronic, there will usually be more or less pain in the groins and hypogastrum (lower part of the abdomen), and in the lower part and small of the back. The urethra will often become implicated, causing painful micturition (passing water) in the acute form, and sometimes causing almost inability to urinate.

How this Disease Should be Treated.

The treatment of leuchorrhœa, or whites, must necessarily be directed first to the cause, as failure of the general health, as from consumption or anaemia (impoverishment of the blood). The treatment will relate primarily to the treatment of consumption, with which this ailment is so frequently and closely associated; directions will be given in the article on consumption; or, if the

near the time for the menstrual flow; and the discharge is so very acrid and corrosive that not only are the adjacent parts made sore, but the underclothing is made rotten and destroyed. *Dose:* Six globules.

The diet ought to be simple, but generally very nutritive. Coffee and tea ought to be avoided, and cocoa or arrowroot substituted. Regular exposure to the benign influence of the fresh air is commendable, but over-fatigue and prolonged standing should be sedulously avoided.

PROLAPSUS UTERI—FALLING OF THE WOMB.

This is one of the most common forms of uterine displacement. It occurs in three distinct, different degrees, to each of which some writers on the subject have affixed a different name. Thus, relaxation, or simple descent of the womb, is understood to indicate the first and least displacement downward, and to consist only in a simple bearing-down of the womb upon the upper portion of the vagina. In *prolapsus uteri*, the organ comes still lower down, and may present itself at the orifice of the vagina.

In *procerdentia uteri* there is actual protrusion of the organ, even the entire body of the womb being, in some cases, extended from the vulva. These are but different degrees of descent of the uterus in the line of the vagina. Upon examination of the same displaced uterus, at different times of the day, it may be found to be more or less prolapsed, according to the condition of active exercise, or quiet, in which the parts may have been for some hours previous.

Primary Symptoms.

The principal and primary symptoms of the descent of the womb are: dragging and aching pains in the small of the back, pulling and bearing-down pains in the lower part of the abdomen, sensation as if something would issue from the vagina; sufferings much worse from walking, or other exercise; the pains are often noticed to have come immediately after some exertion of an unusual kind, and after some

INFLAMMATION OF THE BREASTS.

The mammae constituting exclusively a part of the female organism, we prefer treating of inflammation of the mammae in this place, instead of ranging this disease among the diseases of the thoracic organs.

Mastitis, or inflammation proper, only occurs during or immediately after nursing. The painful, sometimes rather extensive, hardened swellings of single portions of the breasts, which sometimes occur among unmarried females or married women who are not nursing, especially about the time of the menses, are evidently transitory states of congestion which never terminate in suppuration.

The cause of mastitis is always traceable to the impeded discharge of milk. By some cause or other, soreness, or a bad shape of the nipples, or too feeble drawing of the child, one or more milk-ducts become closed.

The doctrine that mastitis can originate in dietetic transgressions or cold, is a convenient supposition rather than a scientific fact. What happens with other abscesses, is, likewise, true in regard to abscesses of the mammae; in some cases they heal rapidly, in other cases they cause vast destructions of tissue. Mastitis is most apt to occur soon after confinement, or shortly after weaning the child; mastitis occurring at the latter period, is less apt to lead to the formation of abscesses.

Sure Signs of the Ailment.

The disease never breaks out all at once. Generally, women experience, some time previous, a gradually increasing pain, both spontaneously or while the child is nursing and a swelling develops itself soon after. As a rule, the lower or lateral lobes are inflamed, very seldom the upper ones, and still less frequently both breasts. Sooner or later, sometimes in a few days, and at other times in some weeks, the painful spot becomes red and more sensitive, and the inflammation is intense, the whole organism feels the effect of the inflammatory process, and shows its sympathy by febrile phenomena. Soon the infiltrated tissue shows the signs of suppuration, the pus

HEARTBURN—ACIDITY—WATERBRASH.

These distressing forms of gastric disturbance sometimes make their appearance soon after conception, while in other cases they may not make their appearance until after the fourth month. Some women are remarkably subject to these symptoms when pregnant; in others they are manifested with less violence; in others not at all. There may be merely a burning sensation—heartburn in the throat—which indicates sympathetic irritation; or the severe forms of waterbrash with acidity which arise from more fully developed irritation.

As in the nausea and vomiting of pregnancy, so in waterbrash, acidity, and heartburn, every degree of intensity and variety of manifestation and complication may be seen in different individual cases. Sometimes these disturbances are found accompanied with, and greatly aggravating the nausea and vomiting, while at other times they seem to appear instead of the vomiting.

As in cases of ordinary dyspepsia, these sufferings are worse after certain articles of food or drink, such as meats, fat meats or gravies, milk or fruit. In the more severe cases, nearly everything that is eaten becomes but an added fuel to the burning fire. Still, a careful avoidance of all those articles which, whether solid or liquid, are found to disagree most, and a careful selection from the remedies given, will, as in cases of nausea and vomiting, go very far to remove the most distressing symptoms, and eventually to secure a great improvement in the general health.

Treatment.

Antimonium Crudum. Nausea alone or nausea and frightful vomiting with convulsion. Belching, with a taste of what has been eaten. Thirst at night. Painful sense of fulness of the stomach, which is sore on pressure. *Dose:* Eight pills every four hours.

Arsenicum is very useful when there is a very great debility and exhaustion. Very pale, white look. Sensation as of a stone in the stomach. Vomiting of fluids as soon as she takes them. Exhausting



DIGESTIVE TRACT, SHOWING THE SMALL INTESTINES.



drawing toothache, with pain extending to the ears, or to the arms and fingers, excited by compressing the teeth or by cold air, and attended with swelling of the cheek, and enlargement of the glands under the lower jaw.

Magnesia Carbonica. Nocturnal pains in the teeth, insupportable when lying down, and compelling the patient to get up and walk; pains generally boring, burning, drawing, tearing, and resembling those of ulceration, attended with swelling of the cheek on the affected side. *Dose:* These remedies may be given every three hours, six pills at a dose, until relief, and then the time may be lengthened.

SWELLING OF LOWER LIMBS—VARICOSE VEINS.

This a very common attendant of pregnancy; it often occasions no little inconvenience, and is usually confined to the seventh, eighth and ninth months. It is supposed to arise, in most instances, from mechanical pressure alone, and to be free from constitutional disease. This is true in those cases where it is not accompanied by dropsical affections. Standing and walking serve to aggravate this condition; it becomes worse toward evening, gradually increases as pregnancy advances, and is often combined with a varicose state of veins.

Many females suffer much during pregnancy from distention of veins in the thigh and other parts, which, becoming violent, eventually cause great pain and inconvenience. These varicose veins generally arise from obstructed circulation, caused by the pressure of the uterus upon the blood-vessels. Considerable alleviation is experienced by constant bathing with water or with diluted alcohol or brandy. Also, by bandaging from the foot upwards with a gentle and equal pressure, and by preserving a recumbent posture, which is required in severe forms of the complaint, accompanied with considerable swelling of the feet, ankles, etc.

Treatment.

Pulsatilla may be given, particularly when there is excessive pain and swelling, with a good deal of inflammation, or when the veins are of a livid color which is imparted to the whole limb.

action in the breast may supervene. *Dose* : Three globules, repeated at intervals of four hours, until a degree of improvement sets in, and then at intervals of six hours.

Rhus. is also of considerable service when extreme fullness, tension and painfulness of the breasts, with excessive secretion of milk, attend the case. *Dose* : As directed for *Belladonna*.

CHILD-BED FEVER—PUERPERAL FEVER.

The trouble is of so grave a nature that it is with reluctance that we approach the subject. Where it is at all possible, we would advise a skilled physician to be employed. As this work, however, will enter some home where no physician can be procured, it has been thought judicious to treat the disease at sufficient length to be available in cases of emergency.

This disease assumes various types and degrees, and has received various names. Usually the disease begins on the second, third or fourth day, although, in some cases, it even appears later, as late even as the eighth or ninth. It sometimes begins with a distinct chill, and, again, there may be only slight chilliness, imperfect and merely noticed. The pulse is very rapid, full and soft. In some cases, there is neither pain, distention nor tenderness of the abdomen ; while in others, the pain is very acute, the distention enormous, and the tenderness exquisite.

Perspiration and Thirst.

Profuse sweating is a very common and distressing accompaniment of this disorder ; the sweating of puerperal fever does not diminish the amount of urine, nor abate the quickness of the pulse. An intolerable thirst prevails, and the patient drinks immense quantities of whatever fluid she may be allowed. Dark spots appear on the wrists or other parts of the body.

At first, the lochia may be unaffected ; they may be even increased in quantity, but more commonly they are entirely suppressed. As the disease advances, usually about the third day, diarrhoea and vomiting may supervene. The patient becomes listless and languid,

PART III.

CARE AND MANAGEMENT OF CHILDREN.

CHAPTER XX.

ABLUTION AND CLOTHING.

Every Child Should be Its Mother's Care—The Babe a "Well-spring of Pleasure"—Directions for Bathing—Prevention of Colds—Skin Eruptions—Free Use of Water—Cleanliness and Health—Treatment for Chafings—Bad Effects of Soda in the Laundry—Proper Time for Bathing the Infant—The Flannel Apron—Clothing—Material for the Belly-band—Light Dressing—Warmth a First Requisite—Danger of Convulsions—How Clothes Should be Fastened—Keeping the Head Cool—Clothing for Winter.

THE care and management, and consequently the health and future well-doing of the child, principally devolve upon the mother; "for it is the mother after all that has most to do with the making or marring of the man." Dr. Guthrie justly remarks that—"Moses might have never been the man he was unless he had been nursed by his own mother. How many celebrated men have owed their greatness and their goodness to a mother's training!"

Napoleon owed much to his mother. "The fate of a child," said Napoleon, "is always the work of his mother;" and this extraordinary man took pleasure in repeating, that to his mother he owed his elevation. All history confirms this opinion. The character of the mother influences the children more than that of the father, because it is more exposed to their daily, hourly observation.

We are not overstating the importance of the subject in hand when we say, that a child is the most valuable treasure in the world, that "he is the precious gift of God," that he is the source of a mother's

greatest and purest enjoyment, that he is the strongest bond of affection between her and her husband, and that

“A babe in a house is a well-spring of pleasure,
A messenger of peace and love.”

We have, in the writing of the following pages, had one object constantly in view—namely, health—

“That salt of life, which does to all a relish give,
Its standing pleasure, and intrinsic wealth,
The body’s virtue, and the soul’s good fortune—health.”

If the following pages insist on the importance of one of a mother’s duties more than another it is this—that the mother herself look well into everything appertaining to the management of her own child.

Blessed is that mother among mothers of whom it can be said that “she hath done what she could” for her child—for his welfare, for his happiness, for his health. For if a mother hath not “done what she could for her child”—mentally, morally and physically—woe betide the unfortunate little creature; better had it been for him had he never been born.

Temperature of the Water.

It is not an uncommon plan to use cold water for the babe from the first, under the impression of its strengthening the child. This appears to be a cruel and barbarous practice, and is likely to have a contrary tendency. Moreover, it frequently produces either inflammation of the eyes, or stuffing of the nose, or inflammation of the lungs, or looseness of the bowels. Although we do not approve of cold water, we ought not to run into an opposite extreme, as hot water would weaken and enervate the babe, and thus would predispose him to disease. Lukewarm rain-water will be the best to wash him with. This, if it be summer, should have its temperature gradually lowered, until it be quite cold; if it be winter, a dash of warm water ought still to be added, to take off the chill. (By thermometer = 90 to 92 degrees.)

It will be necessary to use soap, white Castile soap being the best

CHAPTER XXI.

DIET FOR THE INFANT.

Away with Gruel—When the Tongue is Tied—First Food for the Infant—Both Breasts to be Drawn Alike—Too Frequent Nursing—Artificial Food—A Simple Preparation—Foods of Various Kinds—Baked Flour—Bread Crumbs—Oatmeal—Pulp of Rice—Foods Containing Starch—Arrow-root—New Milk—When to Give Farinaceous Food—How Digestion is Aided—Salt and Sugar—Weak Mothers—No Real Substitute for Mother's Milk—Nursing and the Mother's Health—Care of the Feeding-bottle—Flatulence—Time for Weaning—Gin and Peppermint—Diet Versus Physic.

AN infant ought to be put to the breast soon after birth—the interest, both of the mother and of the child, demands it. It will be advisable to wait three or four hours, that the mother may recover from her fatigue, and then the babe must be put to the breast. If this be done, he will generally take the nipple with avidity.

It might be said, at so early a period, that there is no milk in the breast ; but such is not usually the case. There generally is a little from the very beginning, which acts on the baby's bowels like a dose of purgative medicine, and appears to be intended by nature to cleanse the system. But, provided there be no milk at first, the very act of sucking not only gives the child a notion of sucking, but, at the same time, causes a draught (as it is usually called) in the breast, and enables the milk to flow easily.

Of course, if there be no milk in the breast—the babe having been applied once or twice to determine the fact—then you must wait for a few hours before applying him again to the nipple, that is to say, until the milk be secreted.

An infant, who, for two or three days, is kept from the breast, and who is fed upon gruel, generally becomes feeble, and frequently, at the end of that time, will not take the nipple at all. Besides, there is a thick cream which, if not drawn out by the child, may cause inflammation and gathering of the breast, and consequently great suffering

cleanliness of the cooking utensils. The above directions require the strict supervision of the mother.

Broths have been recommended, but, for our own part, we think that for a young infant they are objectionable; they are apt to turn acid on the stomach, and to cause flatulence and sickness; they, sometimes, disorder the bowels and induce griping and purging.

How Food is to be Given.

Whatever artificial food is used ought to be given by means of a bottle, not only as it is a more natural way than any other of feeding a baby, as it causes him to suck as though he were drawing it from the mother's breasts, but as the act of sucking causes the salivary glands to press out their contents, which materially assist digestion. Moreover, it seems to satisfy and comfort him more than it otherwise would do.

The food ought to be of the consistence of good cream, and should be made fresh. It ought to be given milk-warm. Attention must be paid to the cleanliness of the vessel, and care should be taken that the milk be that of one cow, and that it be new and of good quality; for, if not, it will turn acid and sour, and disorder the stomach, and will thus cause either flatulence or looseness of the bowels, or, perhaps, convulsions. The only way to be sure of having it from one cow is (if you have not a cow of your own) to have the milk from a respectable dairy, and to have it brought to your house in a can of your own. The better plan is to have two cans, and to have the milk fresh every night and morning. The cans, after each time of using, ought to be scalded out, and, once a week, the can should be filled with cold water, and the water should be allowed to remain in it until the can be again required.

The Kind of Seasoning.

Very little sugar should be used in the food, as much sugar weakens the digestion. A small pinch of table-salt ought to be added to whatever food is given, as "the best savor is salt." Salt is most whole-

CHAPTER XXII.

TEETHING.

Infants Sometimes Born with Teeth—Proper Time for Teething to Commence—Length of Time in Cutting—Lancing the Gums—Mode of Operation—Infantile Convulsions—Gums Injured by Various Substances—Rubber and Leather Rings—Sucking the Thumb—Diet of Fruit—Ailments During Teething—Painful Dentition—Mild Form—Treatment Recommended—The Tepid Bath—Relaxed Bowels—The “Tooth-cough”—Diastrous Effects of Opiates—Laudanum and Paregoric—Swollen Gums—Pain and Inflammation—Skin Blotches—Second Teeth—Parental Neglect.

THE period at which dentition or teething commences is uncertain. It may, as a rule, be said that a babe begins to cut his teeth at seven months old. Some have cut teeth at three months; indeed, there are instances on record of infants having been born with teeth. King Richard the Third is said to have been an example. Shakespeare notices it thus :

“YORK.—Marry, they say my uncle grew so fast,
That he could gnaw a crust at two hours old.
'Twas full two years ere I could get a tooth.
Grandam, this would have been a biting jest.”

When a babe is born with teeth, they generally drop out. On the other hand, teething, in some children, does not commence until they are a year and a half or two years old, and, in rare cases, not until they are three years old. There are cases recorded of adults who have never cut any teeth. Dentition has been known to occur in old age. A case is recorded by M. Carre, in the *Gazette Médicale de Paris*, September 15, 1860, of an old lady, aged eighty-five, who cut several teeth after attaining that age.

The first or temporary set consists of twenty. The first set of teeth are usually cut in pairs. Says that eminent authority, Sir Charles Locock: “I may say that nearly invariably the order is—first, the lower front incisors [cutting teeth], then the upper front, then the upper two lateral incisors, and that not uncommonly a double tooth is

to the diet—if it be absolutely necessary to give him artificial food while suckling—and care must be taken not to overload the stomach.

A child is subject to a slight cough during dentition—called by nurses “ tooth-cough ”—which a parent would not consider of sufficient importance to consult a doctor about, but do not give any narcotic, any opiate.

What the Cough Means.

A cough is an effort of nature to bring up any secretion from the lining membrane of the lungs, or from the bronchial tubes, hence it ought not to be interfered with. We have known the administration of syrup of white poppies, or of paregoric, to stop the cough, and thereby to prevent the expulsion of the phlegm, and thus to produce either inflammation of the lungs or bronchitis. Moreover, both paregoric and other narcotics are, for a young child, dangerous medicines (unless administered by a judicious doctor), and ought never to be given by a mother.

Bear in mind that the development of teeth in their regular order, although a perfectly natural process, is often attended with much suffering. When dentition is slow, retarded and difficult, it not only becomes of itself a serious disorder, but it involves also a long train of morbid symptoms and actual diseases which may exhaust the patient's strength, and finally destroy its life. The primary difficulty in such cases is in the nutrition, and as we often see in older children a remarkable backwardness in the development of the osseous (bone) system in general, so we often find in earlier periods of infantile life a corresponding slowness in the development of the teeth. And both these forms of imperfect development, occurring, as they often do, successively in the same children, are to be attributed to some profound constitutional taint which affects the nutrition.

Swollen and Painful Gums.

In some few cases the teeth come through so readily as to scarcely disturb the infant; but more frequently, indeed, the mouth becomes hot and the gums look tumid, tense and shining, while the exact

CHAPTER XXIII.

DISEASES OF CHILDREN.

Inflammation of the Eyes—Hiccough and its Treatment—Snuffles, or Cold in the Head—Remedies for Cold—Colic and What to Do for It—Rules for Diet—Indigestion and Vomiting—Flatulence—Milk-crust, or Scabs—Thrush, and How to Overcome It—Costiveness—Diarrhea—Cholera Infantum—A Dangerous Ailment—Full List of Remedies for Summer Complaint—Alarming Symptoms—Stupor and Convulsions—Standard Treatment—Asthma—Result of Cold—Importance of Prompt Relief—Vaccination—Transmission of Disease—Vaccination Should be Repeated.

NEWBORN infants and other children are subject to purulent ophthalmia, or inflammation of the eyes. This disorder is always more or less serious, for, unless speedily cured, the inflammation may result in ulceration, and the contents of the eyeballs be discharged, causing permanent deformity as well as hopeless blindness. The first indication of the disease is, generally, the eyelids becoming glued together during sleep, with redness and swelling externally.

The causes are: sudden exposure to the light of day, to cold, or the glare of a lamp or fires. Many cases of inflammation of the eyes occur in babes whose mothers are affected with leucorrhœa; therefore, we must conclude a discharge from the genitals of the mother is a very frequent cause of ophthalmia in newborn infants, or it is sometimes epidemic, and no doubt many children who are what is commonly called "born blind," owe their misfortune to the neglect of proper precaution, in many cases the external indications of this affection being so slight as to escape observation.

The eye is an organ so delicate, and the importance of proper, judicious treatment for any of its ailments is so great, that a skillful oculist should at all times be consulted. The treatment should be in part constitutional, removing all causes that impair the general health of the child. Indeed, this is an invariable rule in the effort to remedy any local ailment. The trouble can often be made to disappear when

good general health is established. The following remedies, however, may, with safety, be used in cases of ophthalmia :

Aconite should be administered as soon as we become aware of the existence of this evil ; a few doses will generally be found sufficient to subdue this affection in all mild cases. *Dose* : Two pills every four hours.

• **Belladonna.** The eyes look very red ; cannot bear the light ; opening the eyes only when in a dark place. This remedy is good to alternate with Aconite. *Dose* : As for *Aconite*.

HICCOUGH.

This affection, though in itself of slight importance, frequently causes a considerable degree of uneasiness to the young mother. It generally arises from exposure of the body, even in a warm room, to currents of air, even during the operation of dressing and undressing the newborn child.

Wrapping the infant warm in bed, or better still, applying it to the Breast, will generally lead to a cessation of the affection ; should it, however, continue, the administration of a small quantity of white sugar, as much as will cover the end of a teaspoon, dissolved in a teaspoonful of water, will frequently effectually remove the evil.

Nux Vomica. Two pills placed in the mouth of the infant will arrest the trouble, if the other advice should fail.

Allopathic Treatment.

Hiccough is generally relieved by a sudden arrest of the attention as by a reproof or a sudden expression of great surprise. Hot cloths wrung out of warm or hot water may be continually applied, or a mustard and flaxseed poultice laid over the region of the diaphragm. The common internal remedies are cold water, snow, pounded ice or ice cream. Anodyne and antispasmodic drugs are useful in this as in other coughs.

A combination of Chloral, Bromide of Potassium, with or without an opiate, is generally effectual. Take of Hydrate of Chloral and

Bromide of Potassium and Bicarbonate of Potash, one scruple, Paregoric, two drachms. Peppermint Water sufficient to make two ounces. Mix. *Dose:* A teaspoon, half full, to a dessertspoonful, every two or three hours. Obstinate cases will require professional advice.

SNUFFLES, OR COLD IN THE HEAD.

Snuffles, or cold in the head, is one of the earliest and most common affections of the young infant. It consists of an inflammation of the mucous lining of the nose. The first that is known of it is, that the infant's nose is stopped up so as to hinder its breathing, hindering it in the action of sucking, by not allowing the breath to pass through the nostrils, obliging the infant to release the nipple in order to breathe, causing it to become fretful and irritable.

While this state continues, it has its influence against the infant's thriving, both by hindering it from taking a sufficient amount of nourishment, and by annoying the breathing of the child so as to disturb its sleep. When the nose is dry while administering a remedy, to remove the evil, relief may be obtained by oiling the nose on the outside and by using a feather or camel's-hair pencil on the inside. Fresh lard, goose grease, cream, or a little breast milk will often afford grateful relief.

Treatment.

Aconite. This remedy, if administered at first, when there are febrile indications, will often cut short an attack of snuffles. *Dose:* Two globules every two hours.

Nux. The trouble is worse at night, particularly toward morning or in the morning. Through the night the nose is very dry. *Dose:* As for *Aconite*.

Euphrasia. Profuse, fluent discharge and acrid discharge from the eyes ; the eyes are much involved. *Dose:* As for *Aconite*.

Chamomilla. Where there is watery or mucus discharge ; the child is quieted by carrying it up and down the room. One cheek red the other pale. *Dose:* As for *Aconite*.

Pulsatilla is indicated by thick, green or yellow bloody matter, like

regular stool. Take of tincture of Nux Vomica and Tincture of Belladonna each two drachms, Syrup of Orange Peel four drachms. Mix. *Dose*: One to twenty drops once a day, according to the age of the child.

DIARRHŒA OF CHILDREN.

Infantile diarrhoea constitutes one of the most frequent and serious of all diseases that occur in infancy and childhood.

Of itself alone diarrhoea does not often prove directly fatal, but its long continuance seriously weakens the patient, and endangers the health, and it constitutes, moreover, a very grave complication of other forms of disease.

Causes of diarrhoea are various ; the introduction into the stomach of inappropriate indigestible food; the deranged condition of the mother's milk induced by mental emotions, improper diet, or other causes on the part of the mother; fright and exposure of the infant to cold, and the improper use of laxatives, etc., may be enumerated as being the most frequent exciting causes of this disorder.

It is well to notice closely as to the symptoms. A healthy infant at the breast, passes on an average from three to six motions in twenty-four hours; but in some instances the evacuations are more frequent, yet without in any degree affecting the health of the child; in such cases, then, there ought to be little or no interference, so long as the stools remain free from fetor, possessing merely the slightly acid smell, peculiar to unnatural indication. When, however, the stools become green and watery, or yellow and watery, brown and frothy, as if fermented, mixed with phlegm or mucus, or consisting entirely of mucus, emit an offensive odor, and are generally preceded or accompanied by signs of suffering, it becomes necessary to have recourse to remedial aid.

CHOLERA INFANTUM—SUMMER COMPLAINT.

This is a special form of bowel complaint, which requires special notice. This disease very often proves fatal, even under the best of treatment, since it appears usually in the latter part of the summer, when the young infant's system is already somewhat exhausted by the

languid and dull, or hollow and glassy, and the child takes no notice of surrounding objects or persons ; the lips are dry and shrivelled. In many cases, the child lies in an imperfect doze, with half-closed eyes, and entirely insensible to external impressions. The abdomen frequently becomes distended and hard, or is sunken or flaccid.

Stupor and Convulsions.

Frequently, in fatal cases, the child falls into a complete state of stupor, and convulsions ensue. It not unfrequently happens, particularly in children predisposed to affection of the brain, that in an early stage of the disease the brain becomes involved, and the child dies with all the symptoms of inflammation of the brain.

Favorable symptoms are an abatement of the fever, and the gradual restoration of an even temperature, with decreased frequency of the pulse ; cessation of vomiting and decrease in the number of evacuations, with a gradual return of the stool to a more natural condition and appearance ; natural and peaceful sleep, desire for food, and a general improvement in the appearance of the child, together with a return of playfulness.

Homœopathic Treatment.

The subjoined medicines, however, are those most frequently called for in the treatment of the disease under consideration, and are approved as of the utmost efficacy when carefully selected for the individual case.

Aconitum is very frequently indicated, and should be given, in cases in which there is febrile excitation, manifested by acceleration of the pulse, heat and dryness of the skin, and thirst. Under such circumstances it often happens that Aconitum, when promptly administered, not only removes the febrile indication, but, as well, cuts short the entire disease, and very promptly aids in restoring the babe to health.

Dose. Two globules, dry, on the tongue, every one or two hours, according to the severity of the symptoms, until manifest improve-

CHAPTER XXIV.

HOW TO PREVENT DISEASE.

Unhealthy Boys and Girls—The Overworked Brain—Tendency to Scrofula—Preventive Measures—Building Up the System—Girls Who Stoop—Curvature of the Spine—Treatment for Spinal Affections—Games of Sport for Young Ladies—Consumption—Blood-spitting—Causes and Remedies—Poor Diet—Treatment for Sore Throat—Evil Effects of Tobacco—Bleeding from the Nose—Fainting—Costiveness—Too Much Medicine—Appeal to American Mothers—Pimples on the Face—Gum-boils—How to Cure Corns—How to Destroy Warts—Delicate Young Ladies—Bodily Improvement among American Girls.

“SMART” children are not always the healthiest. A greater quantity of arterial blood is sent to the brain of those who are prematurely talented, and hence it becomes more than ordinarily developed. Such advantages are not unmixed with danger; this same arterial blood may excite and feed inflammation, and either convulsions, or water on the brain, or insanity, or, at last, idiocy may follow. How proud a mother is in having a precocious child. How little is she aware that precocity is frequently an indication of disease.

It behooves a parent, if her son be precocious, to restrain him—to send him to a quiet country place, free from the excitement of the town; and when he is sent to school, to give directions to the master that he is not on any account to tax his intellect (for a master is apt, if he have a clever boy, to urge him forward); and to keep him from those institutions where a spirit of rivalry is maintained, and where the brain is thus kept in a state of constant excitement. Medals and prizes are well enough for those who have moderate abilities, but dangerous indeed to those who have brilliant ones.

An over-worked precocious brain is apt to cause the death of the owner; and if it does not do so, it in too many instances injures the brain irreparably, and the possessor of such an organ, from being one of the most intellectual of children, becomes one of the most commonplace of men. Let us urge you, if you have a precocious child, to

fall now into the hand of the Lord ; for very great are his mercies ; but let me not fall into the hand of man."—*Bible*.

Evils of Stooping.

A girl ought never to be allowed to stoop ; stooping spoils the figure, weakens the chest, and interferes with the digestion. If she cannot help stooping, you may depend upon it that she is in bad health, and that a medical man ought to be consulted. As soon as her health is improved, calisthenic and gymnastic exercises should be resorted to. Horse exercise and swimming in such a case are very beneficial. The girl should live well, on good nourishing diet, and not be too closely confined either to the house or to her lessons. She ought, during the night, to lie on a horse-hair mattress, and during the day, for two or three hours, flat on her back on a reclining board. Stooping, if neglected, is very likely to lead to consumption.

If a boy be round-shouldered and slouching in his gait, let him be drilled ; there is nothing more likely to benefit him than drilling. You never see a soldier round-shouldered nor slouchy in his gait. He walks every inch like a man. Look at the difference in appearance between a country bumpkin and a soldier. It is the drilling that makes the difference : "Oh, for a drill-sergeant to teach them to stand upright, and to turn out their toes, and to get rid of that slouching hulking gait, which gives them such a look of clumsiness and stupidity!"

Curvature of the Spine.

The causes of lateral curvature of the spine, and consequent bulging out of the ribs, arise either from delicacy of constitution, from the want of proper exercise, from too much learning, or from too little play, or from not sufficient or proper nourishment for a rapidly-growing body. We are happy to say that such a case, by judicious treatment, can generally be cured—namely, by gymnastic exercises, such as the hand-swing, the fly-pole, the patent parlor gymnasium, the chest-expander, the skipping rope ; the swimming-bath ; all sorts of outdoor games, such as tennis, archery, bicycling in moderation ; by plenty of

meal. The best times of the day for taking either of the above mixtures will be eleven o'clock, four o'clock and seven o'clock.

Standard Remedies for Costiveness.

The best opening medicines are—cold ablutions every morning of the whole body, attention to diet, variety of food, bran-bread, grapes, stewed prunes, French plums, figs, fruit both cooked and raw—if it be ripe and sound, oatmeal porridge, lentil powder, vegetables of all kinds, especially spinach, exercise in the open air and early rising. If more attention were paid to these points, poor schoolboys and schoolgirls would not be compelled to swallow such nauseous and disgusting messes as they usually do to their aversion and injury.

Should these plans not succeed (although in the majority of cases, with patience and perseverance, they will) we would advise an enema once or twice a week, either simply of warm water, or of one made of gruel, table-salt and olive-oil, in the proportion of two tablespoonfuls of table-salt, two of oil and a pint of warm gruel, which a boy may administer to himself, or a girl to herself, by means of a proper enema apparatus (syringe).

Use of Water.

Hydropathy is oftentimes very serviceable in preventing and in curing costiveness ; and, as it will sometimes prevent the necessity of administering medicine, it is both a boon and a blessing. Hydropathy supplies us with various remedies for constipation. From the simple glass of cold water, taken early in the morning, to the various douches and sea-baths, a long list of useful appliances might be made out, among which we may mention the “wet compresses” worn for three hours over the abdomen (bowels), with a gutta percha covering.

We have here a word or two to say to a mother who is always physicking her family. It is an unnatural thing to be constantly dosing either a child or anyone else with medicine. One would suppose that some people were only sent into the world to be physicked. If more care were paid to the rules of health, very little

PART IV.

FEMALE BEAUTY AND ACCOMPLISHMENTS.

CHAPTER XXV.

PERSONAL APPEARANCE.

A Subject of Universal Interest—Looking Only to Immediate Effect—How to Assist Nature—Fashionable Ignorance—Nostrums and Quack Cosmetics—Evening Dissipation—Exposure of Health—A Simple Toilet the Best—Harmful Dress—Barbarous Decorations—Conditions on which Personal Beauty Depends—Neglect of Mind and Body—Cleanliness—Temperance in All Things—Turning Night into Day—Abuse of Digestion—Sickly Paleness—How Female Loveliness is Lost—Delicate Women—Painted Simpletons—Derangement of the Pulse—Hygiene of the Greeks.

MUCH labor is frequently employed, and much expense incurred, to improve and preserve the personal appearance, and to endow it with new charms, or to increase those which it already possesses. Unfortunately, however, although much thought and ingenuity are often expended, or rather wasted, on the subject, the peculiar conditions, physiological, hygienic, and social, on which female beauty depends, are either only slightly regarded, or partially acted on, when known, and more frequently neglected altogether.

With some persons, immediate effect, at whatever sacrifice, and irrespective of consequences, is deemed of more importance than either health or personal cleanliness, or appropriate modes of dressing ; and in few, indeed very few, instances is anything beyond the “mere outside effect of the passing hour” for a moment regarded. Hence it is, that, in scarcely any other portion of the daily routine of life do persons

the next soirée, the next ball, the next promenade or the next opera ; and, as observed by a recent eminent author, their vision beyond these events becomes entirely dimmed.

But the errors in these matters arising from indolence, thoughtlessness and indifference to consequences—the desire to save time, trouble and expense—are greater than those already mentioned, and are probably more numerous than all the others put together. Hence it is that every fashionable ball or party, every opera-night and every concert adds to the number of the hapless victims of consumption or some other fell disease, and tinges the pallid cheek with the hectic flush or the sallowness that marks their incipient stages.

Improprieties of Dress and Toilet.

With some persons—perhaps, we might say with most persons—the duties of the toilet are of a very simple character, being limited to mere acts of cleanliness, and the use of the ordinary hair and skin cosmetics. Others go further, but it is all in the same direction ; their thoughts not extending to those numerous and more important matters without which a pleasing personal appearance, much less beauty, cannot long exist. Among unpolished and ignorant people this is more especially the case. As civilization and refinement and education advance, this attention, or rather misapplication of the attention, lessens.

This is particularly the case where the art and science of medicine and physiology have made much progress. In our own country and elsewhere, during the last half-century, the members of the medical faculty have continually directed public attention to improprieties of dress and the toilet ; and happily with such success, that much of the grossness in these particulars that distinguished former periods has gradually died out and passed away.

Many articles of dress, and practices which were once thought useful or beneficial, or at the most harmless, have thus been exposed, and their use either abandoned or rendered less injurious by the removal of their objectionable features. The present century is pro-

frequent use of the bath, and their being better clothed than their less fortunate brethren, the consequences of their violations of the natural laws would fall on them even more heavily than they now do.

Let us mark the effects of improper food, defective ventilation, and want of cleanliness. These evils exhibit themselves in the unhealthy features, the broken health, the frequent cases of consumption, fevers, and skin diseases, and other ailments affecting the health and personal appearance, so commonly met with. It is only the active nature of their occupations, and the pecuniary inability of most of such persons to indulge in excesses, either in eating or drinking, that prevent these things being still more common than they already are.

The immediate and intimate relations of health to the personal appearance cannot be too often pointed out, and should be thoroughly understood and acted on in the every-day affairs of life.

The True Basis of Personal Beauty.

Health is soundness of body, with the due performance by its several parts of all their natural functions, both separately and in unity. This is "bodily" or "physical health." A like perfect exercise of the functions of the mind constitutes "mental health." The union of the two is necessary to the development of beauty, and to the existence of true corporeal and mental enjoyment.

Unsoundness of the body, or the disorganization of any of its functions, generally produces a corresponding effect upon the mind, in some portion or other of its manifestations and uses; and when the mind is seriously diseased, the bodily health frequently, indeed generally, degenerates.

The exceptions chiefly include those rare and vast developments of the mind commonly called "genius," though even these are generally accompanied with a delicate state of health, and sometimes with disease; and those striking exhibitions of bodily health and vigor, where "reason seems to have given up half its dominion to instinct and muscular strength." In each case there is exaggeration of the one and defect of the other. Perfect health exists only when the functions

of both body and mind are properly exercised, and duly balanced to each other.

Disease, either "physical" or "mental," is the reverse of health. Any unsoundness, any disarrangement, organic or functional, involves its presence. The existence of disease, or even of any defect of health approaching it, is soon developed in the features, and is, therefore, injurious to the personal appearance, and is incompatible with the existence, or, at all events, the permanency of personal beauty.

On the promotion and preservation of the health chiefly depend the improvement of the personal appearance, and the maturity and maintenance of personal beauty. The delicate nature of the formation and functions of the human body is such that propriety and regularity of dress, living, and the like, are of more importance than is generally supposed, or than some members of the medical profession are ready to admit. Do not abuse your own body.

Why Personal Charms Decay.

It is, however, a demonstrable fact, that, apart from the vicissitudes of climate and season, and mere accidental circumstances against which foresight is unable to guard, the neglect of these matters is alone sufficient to account for fully one-half of the maladies and sufferings which "flesh is heir to."

The body must be properly nourished and its heat maintained by appropriate food; it must be properly clothed to meet the vicissitudes of climate, situation, weather, and individual constitution; it must be freely exposed to the influence of light, air, warmth, and the like, and it must be kept clean, and enjoy regularity and sufficiency of exercise, sleep, and all the habits necessary to mere animal as well as polished life, for the full exercise of its numerous delicate functions, and the possession of perfect health.

Without these matters are attended to, the health will fail, and no efforts of dressing, no toilet, however complicated and laborious, no subtle cosmetics will be capable of preserving the personal charms from certain and rapid decay.

CHAPTER XXVI.

BATHING FOR HEALTH AND BEAUTY.

Beauty a Thing to be Prized—Personal Cleanliness—Vast Influence of Soap and Water—Choked Perspiration—Secretions of Skin and Teeth—Contagious Poisons—Fruitful Sources of Ill-health—Impoverished Blood—The Tepid Bath—Ablutions Among Jews and Mohammedans—Dirt and Disease—Common Neglect of Bathing—Bath-houses in Europe—The Jolly Frenchman—Sea-bathing—Directions for Using the Warm Bath—Right Temperatures of the Water—Exercise and Beauty.

LET us again refer to the value—the importance—the divine influence of beauty in a world—a universe—where all is beautiful.

A recent writer on the subject has asked : “ What is the use of beauty ? Is it intended merely to amuse the fancy for a time, and then pall, fade, and be forgotten ? In a system where nothing else is lost, where all is fitness and coherence, and where each part, however minute, seems as necessary to the whole as a single link is to the continuity of a chain, is this quality alone without definite meaning or permanent purpose ? ” And he answers the question by observing that “ analogy is against the supposition, and we must either set down beauty as an unmeaning superfluity in the scheme of the creation, or else assign it an importance commensurate with the space it occupies in our thoughts.” Every rational man will do the latter.

“ Then let us not, like thoughtless fools, despise
The things of earth which are the things of beauty.
All beauty here hath but one aim and mission—
To guide our spirits to that heavenly portal,
Which, to the earth-chained spirit, is a vision
Of beauty all unchanging, all immortal.”

Cleanliness is a subject of such importance to our well-being that little need be said in its favor, were it not that many persons who loudly declaim about it are negligent of it themselves. That it is essential to the health, comfort, and personal appearance of the individual, is so generally admitted, that even those who do not practice

liness which should be practiced by all, and to which reference cannot be too frequent or urgent. *

The ill consequences of uncleanliness, and particularly of a dirty skin—a skin loaded and obstructed with adhering refuse matter discarded by itself—are numerous and serious. Such matter forms a favorable medium for the absorption, and the transmission to the internal portions of the body, of noxious effluvia, vapors and gases, miasmata, and the aërial germs of infectious and contagious diseases.

How We Become Poisoned.

It is said that the greater part of (contagious) poisons are conveyed to us through the external surface of our bodies; and it is fully proved that poison already communicated has been by cleanliness removed before it could actually produce any bad effects. We here allude, in particular, to frequent washing, bathing, rinsing the mouth, combing and brushing the hair, and often changing the linen, clothing, and bedding.

Such are the immediate effects of neglected ablution of the skin, and the neglect of other acts of personal cleanliness; the further consequences are of an equally serious character. The blood being deprived of one of its sources of oxygen, and of one of the outlets of its carbon and saline matter, becomes deteriorated, the functions of nutrition imperfect, and the temperature of the body lessened. The matters that should be thrown out of the system through the skin are retained, and have to be eliminated by other organs. The lungs, the kidneys, the liver, the bowels, are each, in their turn, overtasked to perform the functions of another organ.

At length they suffer from exhaustion, the health is disturbed, and incipient disease follows. The predisposition exists, and only waits for an exciting cause to give it full development. The period of incubation may be short or long—weeks, months, even years—according to the age and constitutional vigor of the person; but the evil day comes at last, and skin-diseases, nervous affections, diarrhoea, liver-complaints, consumption, dropsy, visceral obesity or some other

CHAPTER XXVII.

BEAUTIFUL SKIN AND COMPLEXION.

A Garment of Surpassing Loveliness—Structure of the Skin—Pores for Perspiration—Absorbent Vessels—How to Beautify the Skin—Effect of Heat and Cold—Ablution—Anointing—Recipes for Skin Washes—Effect of Sunlight—Benefits of Friction—Flesh-gloves—Diseases of the Skin—Black Spots and Marks—Boils—Blueness and Discolorations—Dandruff—Pimples—Itch—Scaly Eruptions—Treatment for Skin Ailments—Freckles—Moles—Paleness—Roughness—Redness—Scurf and Scurvy—Pits from Small-pox—Wrinkles—Abrasions—Bruises—Burns and Scalds—Cuts and Incised Wounds—Excoriations—Frost-bites—Scars.

EVERY person knows what the skin is, its external appearance and its general properties; but there are many of our readers who may not be aware of its peculiar and wonderful construction, its compound character and its manifold uses. It not merely acts as an organ of sense and a protection to the surface of the body, but it clothes it, as it were, in a garment of the most delicate texture and of the most surpassing loveliness.

In perfect health it is gifted with exquisite sensibility, and while it possesses the softness of velvet and exhibits the delicate hues of the lily, the carnation and the rose, it is nevertheless gifted with extraordinary strength and power of resisting external injury, and is not only capable of repairing, but of actually renewing itself. Though unprotected with hair, wool or fur, or with feathers, or scales, as with the brute creation, the human skin is furnished with innumerable nerves, which endow it with extreme susceptibility to all the various vicissitudes of climate and of weather, and prompt the mind to provide suitable materials, in the shape of clothing, to shield it under all the circumstances in which it can be placed.

The horse, the dog, the lion, cannot change its hair or the bear its fur, even though it be transported to a climate the reverse of that in which it was born; it must alike wear the robe of Nova Zembla under

the scorching sun of Africa, or that of the tropics on the frozen plains of Siberia, and it will dwindle from this change, and probably perish ; but man can suit his clothing to the latitude, and rove from clime to clime with comparative impunity. His intelligence enables him to shield his skin from all the "skyey influences" with proper raiment, and his taste leads him so to select and prepare this raiment as to serve both for the protection and adornment of his person.

Three Layers or Membranes.

The skin, though apparently a single membrane, is composed of three distinct layers or membranes, each of which has special duties to perform. The exterior of these, or that one which immediately meets the eye, is called the cuticle, epidermis or scarf-skin. It is of uneven thickness, in some parts being extremely thin and delicate, and in others, particularly those exposed to friction, thicker and harder ; in this respect being accommodated to the nature of the part it covers. It is an albuminous tissue, and in its general physical and chemical properties, for the most part, resembles the nails and the quills of birds, from which it differs chiefly in degree of induration.

It is destitute of feeling and of absorbent power, and thus fulfils its duty as a protective covering of the body in a more effective manner than it otherwise would do. Throughout its whole surface it is thickly pervaded with minute pores, to permit the escape of the perspiration and other exhalations from the body. Its reparation and renewal are carried on at its under surface, whilst its damaged, worn-out and useless portions are thrown off in the form of whitish dust or minute flakes or scales.

Immediately under the cuticle, and resting on the cutis, is the mucous network. It is a thin layer of soft, pulpy matter, of a fibrous character and reticular form, and appears to be the seat of the color of the skin, with the hue of which it always coincides. It may be temporarily blanched by the action of weak solutions of chlorine, chloride of lime, and other bleachers.

Beneath the mucous network, and forming the third, last in succession

inwards, and principal tegumentary covering of the body, is the *derma* or true skin. It is a highly sensitive, vascular, gelatinous texture, of a very complex structure. It is of a whitish color and fibrous, and appears to be made up of an irregular species of network. Closer examination shows it to be composed of condensed cellular tissue, and to be very thickly supplied with absorbent and excretory vessels, and with arteries, veins, and nerves.

A Most Delicate, Perfect Structure.

It is here that the minute capillaries of the arteries spread themselves out, and, by means of the ducts of the sudorific glands or follicles, exhale the peculiar secretion which we call perspiration; here the so-called roots of the hair terminate, and find nourishment; and here all the other functions of the skin are performed. It is this portion of the tegumentary covering of the body that gives the relative thickness to the whole skin; and it is the one which, when the scarf-skin and hair are removed, is converted into leather by the processes of tanning.

Such is the general structure of the human skin, so complicated and yet so perfect, so delicate and yet so useful. As a protective natural covering of the body, in conjunction with the animal senses, instincts and appetites, and, above all, with an intelligent free-will, it surpasses that of any other animal. It is absolute perfection. It combines within itself the powers of an organ of sense, of excretion, secretion, respiration and nutrition. The integrity of its functions is not only highly conducive to health, but is absolutely essential to its perfect enjoyment, to both corporeal and mental vigor, and to beauty. Surely the preservation and promotion of this excellence, and the removal or alleviation of the effects of disease and accident that impair it, deserve our serious attention.

In health, the management of the skin is extremely simple, and consists chiefly in habitual cleanliness and daily personal ablution, as noticed in the preceding chapter. To preserve the softness of its texture, and the delicacy of its hues, it is also necessary to protect it,

CHAPTER XXVIII.

THE HAIR—THE GLORY OF WOMAN.

A Unrivalled Ornament—Hair of the Orientals—Premature Decay—Effect of Mental Emotions—Physical Structure—Hair-bulbs and Tubes—Chemical Constitution—Biography of a Hair—Necessity of General Health—Best Management—Use of Comb and Brush—Curl-papers—Crisping-tongs—Friction—Two Methods of Dressing—Objections to Artificial Styles—Cleansing the Scalp—Natural Arrangement of the Hair—Cutting and Clipping—A Dirty Habit—Luxuriant Growth—Curliness and Waviness—Fixing the Hair in Position.

THE hair is not only invaluable as a protective covering of the head, but it gives a finish and imparts unequalled grace to the features which it surrounds. Sculptors and painters have bestowed on its representation their highest skill and care, and its description and praises have been sung in the sweetest lays by the poets of all ages. Whether in flowing ringlets, chaste and simple bands, or graceful braids artistically disposed, it is equally charming, and clothes with fascination even the simplest forms of beauty :

“ O wondrous, wondrous, is her hair !
A braided wreath of golden brown,
That drops on neck and temples bare.”

If there be one point more than another in which the tastes of mankind appear to agree, it is that rich, luxuriant, flowing hair is not merely beautiful in itself, but an important—nay, an essential auxiliary to the highest development of the personal charms. Among all the refined nations of antiquity, as in all time since, the care, arrangement, and decoration of the hair formed a prominent and generally the leading portion of their toilet.

The ancient Egyptians and Assyrians, and other Eastern nations, bestowed on it the most elaborate attention. The ancient Jews, like their modern descendants, were proverbial for the luxuriance and richness of their hair, and the care which they devoted to it. Glossy, flowing, black hair is represented to have been the “glory” of the

ancient Jewess, and in her person to have exhibited charms of the most imposing character; whilst the chasteness of its arrangement was only equalled by its almost magic beauty. Nor was this luxuriance, and this attention to the hair, confined to the gentler sex; for among the pagan Orientals the hair and the beard of the males were not less sedulously attended to. Among the males of Judah and Israel, long flowing ringlets appear to have been regarded as highly desirable and attractive.

The reputed beauty and the prodigious length and weight of the hair of Absalom, the son of David, as recorded in the sacred text, would be sufficient to startle the most enthusiastic modern dandy that cultivates the crinal ornament of his person. Solomon the wise, another son of David, conceived the beauty of the hair sufficiently dignified to express figuratively the graces of the church.

Hair of French Royalty.

Long, luxuriant hair was as much esteemed by many of the ancient European nations as by the Asiatics, although their attentions to it were of a ruder and less elaborate character. This was particularly the case with the northern nations, and with some of those of western Europe. The cultivation and regard of the hair was a passion in Gaul, and cutting and cropping it were employed as punishments.

The ancient royal family of France, as a particular mark of distinction and privilege of the king and the princes of the blood, had to wear "long hair artfully dressed and curled." The clerical tonsure is said to be of apostolic institution. At a later date Pope Anicetus forbade the clergy to wear long hair.

In modern times, the high estimation in which a beautiful head of hair is held, is probably as great as at any former period of the world's history. It is still regarded as an important ingredient in manly beauty, and as one of the very essentials of feminine loveliness and fascination. All persons are proud of it—all covet it—all admire it. Indeed, it may be truly said, that all persons, except the most indolent, vulgar, and degraded, are more or less sedulous in their endeavors, in

CHAPTER XXIX.

RESTORATION OF THE HAIR.

Early Decay—Cold Water and Friction—Stimulating Applications—Restoring the Health of the Scalp—Baldness—The Hair Affected by Old Age—Other Causes—Thick Hats—Frequent, Close Cutting—Spanish Flies or Cantharides—Oils and Pomades—Electricity—Diet and Regular Habits—Tonics—Gray Hairs, and How to Treat Them—Morbid Dryness of the Hair—Use of Glycerine—Matting and Felting—Excessive Scurfiness—Rosemary and Thyme—Caution Against Quack Remedies—How Superfluous Hairs are Destroyed—Cleansing the Partings—Borax and Ammonia.

THE hair is subject to various deviations from the healthy standard, all of which, as already hinted, depend immediately on the state of the scalp from which it springs, and indirectly on various causes, of which the principal have been enumerated. Among them the following may claim a special notice :

The gradual impoverishment and decay of the hair—shown by its becoming finer and thinner, with greater or less loss of its brightness and color, and a larger quantity than usual being removed on each application of the comb and brush—whether premature or the result of advancing life, is most likely to be arrested, or retarded, by attention to the general health and habits, and careful avoidance of any article of head-dress or other matter which is known to be prejudicial to the hair.

The special treatment may consist in daily, or as frequently as possible, washing the head in cold water, gentle continued friction with the hair-brush, and the use of stimulating applications of a similar kind to those already noticed, but of rather greater strength, so as to produce a slight but sensible excitation of the skin of the scalp. Habitually disordered stomach, bowels, or nerves, and particularly biliousness and dyspepsia, frequently affect the hair in this way, and should be met by medical treatment, of which antacids, and tonics, as quinine and iron, should generally form a part.

Baldness, or destitution or loss of the hair, more especially of that of the crown and fore-part of the head, whether actual or impending, may next be noticed. Gray hair and baldness depending on old age are natural consequences of man's infirmity, and must be regarded as evidence of failing vigor, rather than in the light of a disease. Premature loss of hair may be produced by various causes, some of which have been already noticed. It is common after severe fevers, and after erysipelas and other serious inflammatory affections of the scalp; and it is frequently caused by external pressure, friction, or violence, want of the necessary exposure of the head to the air, and by such other local actions and conditions which, when long continued, interrupt the normal functions of the skin.

Debility and Loss of Hair.

Persons with a consumptive, scorbutic, scrofulous, or syphilitic taint, or of a general bad habit of body, are apt to lose their hair early. In these cases the loss probably arises from debility or paralysis of the vessels of the skin, and the consequent insufficient action and nutrition of the hair-bulbs. When it occurs in persons of or under the middle age, and apparently enjoying good health, it may be often traced to the pernicious practice of constantly wearing a hard non-ventilating hat, or to disordered stomach or liver, habitual smoking or hard drinking, irregular habits, late hours, or the like. Excessive anxiety or grief, and intense study and thoughtfulness, also tend to promote the early decay and loss of the hair.

The natural baldness of the aged, and frequently the premature baldness of earlier years, particularly in the studious and grief-worn, arises from the reduced energy of the circulation in the vessels of the scalp, and its consequent gradual attenuation, until it becomes too thin to afford sufficient space for the performance of the functions of the hair-bulbs and their associated organs, and too scantily supplied with blood for their due nutrition and support. In such cases it will be found that, owing to this attenuation, the scalp covers a larger portion of the skull than it previously did when vigorous; and that

CHAPTER XXX.

BEAUTY OF FACE AND FEATURES.

Harmony and Right Proportion—The Forehead—Skin Eruptions—The Eyes—Most Expressive Feature—How to Treat the Eyes—Belladonna—Dimness of Age—Remedies for Discoloration—Effects of Dust and Dirt—Eyelashes and Eyebrows—The Nose—How to Mould and Beautify the Nose—Human Mouth and Lips—Chapped Lips—The Teeth—What Injures the Teeth—Tooth-powders and Use of the Brush—Use of Charcoal—The Ears—Wearing Ear-rings—Chin and Throat—Neck of Beauty.

THE beauty of the face depends chiefly on all its several features being pleasingly moulded and in “perfect keeping” with each other. Without this proportion between the individual features, the most delicate complexion, the brightest eyes, the softest cheeks, the finely-moulded mouth, and the ruddiest lips, may fail to charm, and, by contrast, may even disfigure where they should adorn. It is this excellence of proportion that constitutes one of the chief elements of personal beauty.

The possession of an elevated and prominent forehead is correctly regarded as one of the distinguishing features of the human race. Its erectness and extent are characteristic of reason and high intellectual powers, and its development is exactly proportionate to the intelligence of the species and of the individual.

A lofty, ample forehead is the attribute of the enlightened white race; a receding forehead, that of the Negro. Beyond a certain limit reason disappears, and idiocy commences. The absence of a true forehead is one of the characteristics of the brute creation. Its excellence is an important ingredient in personal beauty, and is absolutely necessary to the possession of a superior mind.

The toilet of the forehead is limited chiefly to the arrangement of the hair. The possessor of a beautiful forehead is seldom disposed to conceal any portion of it, or to modify its apparent form by such means. The practice of wearing the hair over portions of the fore-

head naturally bare is prejudicial to the health of the head, and to the vigor of the mind.

The contrary practice of throwing or fixing the hair in unnatural positions, backward from the forehead, is equally objectionable, for reasons already noticed. The defects of an ill-formed forehead may, in general, be rendered less apparent, and often wholly obscured, by an appropriate arrangement of the hair about it—a matter in which the taste of the individual, and the example of others, will be the best guides.

Beauty and Expression of the Eyes. .

The eyes, of all the features, stand pre-eminent for their beauty and ever-varying powers of expression, and for being the organs of the most exalted, delicate and useful of the senses. It is they alone that "reveal the external forms of beauty to the mind, and enable it to perceive them, even at a distance, with the lightning speed of light. It is they alone that clothe the whole creation with the magic charms of color, and fix on every object the identity of figure." It is the eyes alone, or chiefly, that reveal the emotions of the mind to others, and that clothe the features with the language of the soul. Melting with pity, or glowing with hope, or redolent with love, benevolence, desire or emulation, they impart to the countenance those vital fascinations which are the peculiar attributes of man.

The beauty and expression of the human eye have furnished themes for both poets and prose-writers in all ages. Sculptors and painters have bestowed their highest skill and most laborious efforts on its delineation, and anatomists and physiologists have investigated and described its wonderful structure and functions with a degree of zeal and eloquence perhaps greater than that devoted to any other organ.

Physiognomists tell us that the peculiar form, size and expression of the eyes, afford reliable indications of the disposition and mental character of the individual; whilst the phrenologist assumes, among other things connected with these organs and the parts adjacent to them, that prominent eyes indicate the presence of the organ of language, and that their possessor can always express his thoughts in words.

A beautiful eye is one that is full, clear and brilliant, appropriate in color to the complexion, and, in form, to the features, and of which the connected parts—the eyelids, eyelashes and eyebrows, which, with



MODEL OF FEMALE BEAUTY.

it, in a general view of the subject, collectively form the external eye—are also beautiful, and in keeping with it.

The management of the eyes, in connection with the toilet, consists chiefly in daily bathing or washing them with pure water, and

them with a pair of sharp scissors. The practice is most effective when commenced in early childhood. The least possible portion of their extremities should be removed; and the operation, to be neatly done, must be performed by a second person.

To Beautify the Eyebrows.

The eyebrows, unlike the eyelashes, should never be cut, or in any way subjected to the action of the scissors or razor. Their beauty consists in their being smooth, glossy, and well-defined, in having little breadth vertically, and in extending in a graceful, arched line over the eyes. Cutting them ultimately destroys these qualities, by causing them to grow coarse, stiff, and irregular.

After washing the face, the fingers or napkin should be passed over them to smooth them and to set the hairs in their places. This is all that is required. Some ladies, however, when making their toilet, pass the finger, very slightly moistened with oil or pomade, over the eyebrows, to darken them and give them gloss; but the practice is not to be recommended. An occasional gray or prominent bristly hair in the eyebrows may be plucked out with the tweezers. It should never be cut off, as is the common practice.

The nose, though so necessary to the general make-up, seems to labor under the misfortune of being generally turned into ridicule whenever it forms the subject on the tapis. How far it deserves the slights and fun so frequently "poked" at it, we must leave the happy possessors of noses to form their own opinions. There have been, however, many excellent and philosophical writers who have deemed the human nose worthy of their serious consideration, and even of eulogy.

Sir Joshua Reynolds, the great painter, regards a well-formed nose as essential to personal beauty. He tells us, that "the line that forms the arch of the nose is beautiful when it is straight;" and he further observes, "this, then, is the central form which is oftener met with than either the concave, convex, or any other irregular form which can be produced." Sir Charles Bell declares, among other matters,

Hairs in the nose, when troublesome, may be removed with the tweezers. It should, however, be recollected that they are not idly placed there by nature ; one of their purposes being to act as a filter to the air we breathe. Persons who are much exposed to a dusty atmosphere, had, therefore, better not remove them.

Beautiful Mouth and Lips.

The beauty of the human mouth and lips, the delicacy of their formation and tints, their power of expression, which is only inferior to that of the eyes, and their elevated position as the media, with the palate, tongue, and teeth, by which we communicate our thoughts to others in an audible form, need scarcely be dilated on here. The poet tells us that—

“The lips of woman out of roses take
The tints with which they ever stain themselves.
They are the beautiful and lofty shelves
Where rests the sweetness which the young hours make,
And which the earnest boy, whom we call Love,
Will often sip in sorrow or in play.
Health when it comes doth ruddiness approve,
But his strong foe soon flutters it away !
Disease and health for a warm pair of lips,
Like York and Lancaster, wage active strife ;
One on his banner front the White rose keeps,
And one the Red ; and thus with woman’s life,
Her lips are made a battle-field for those
Who struggle for the color of a rose.”

A beautiful mouth is one that is moderately small, and has a well-defined and graceful outline ; and beautiful lips are such as are gracefully moulded, neither thick nor thin, nor compressed nor lax, and that are endowed with expression, and tinted with the hues of health.

The lips are very liable to suffer when exposed to cold and drying winds. The most common effects of such exposure are chaps or small fissures in them, and a species of erysipelatous eruption consisting of small clusters of minute vesicles, which soon become moist from the discharge of the watery humor which they contain.

PART V.

POLITENESS; OR, WOMAN IN SOCIETY.

CHAPTER XXXI.

TASTEFUL AND BECOMING DRESS.

Every Lady Should Pay Attention to Dress—Fitness—Subordinate to the Person—Suited to Different Seasons—Graceful Curves—Hints on Colors—Variety in Costume—Dressing the Hair—The Parasol—Bonnets—“Nut-brown Maids”—Use of Veils—Dress for the Neck—Sore Throats—Sudden Changes of Covering—Wearing Ornaments—Vulgarity of Too Much Jewelry.

WOMEN are sometimes charged with devoting too much attention to matters of dress. There is, perhaps, some foundation for the accusation, for these things should not certainly be made the principal business of their lives; but we would by no means counsel them to treat dress as a trifling or unimportant matter. The grand cause of regret is, not that they devote themselves zealously to it, but that their studies and labors in that direction are not guided by a better knowledge and more artistic tastes.

With all the time, attention, and labor bestowed upon the subject, comparatively few women, especially in this country, dress well, either in an esthetic or a hygienic point of view; and what is intended to heighten their charms, too often obscures, and, in the end, destroys them. A woman who has herself the reputation of dressing well, and who has had abundant opportunities of observing toilets of different nations, says: “The great majority of my sex understand the art of dress no further than that ‘fine feathers make fine birds;’ hence, they dress more or less in bad taste.”

The fact is, dress is not studied as an art, and in the light of the fundamental principles of taste, as it should be, but is subjected to the arbitrary and senseless rules of fashion.

Fashion is an arch tyrant whom we would gladly overthrow, but she is securely enthroned beyond the reach of our blows. A direct attack would be useless. Our only hope is in gradually undermining her power by the diffusion of knowledge and the cultivation of popular tastes. To contribute to such an extent as our very limited space will permit, to these ends, we offer the following hints :

Rules for Dress.

Dress has primarily two functions—to clothe and to ornament; but use and beauty, in this as in other cases, so far from requiring any sacrifice for combination, are found, each in the highest degree, where both are most fully obtained—the fittest or most comfortable dress being that which is most graceful or becoming. Fitness is the primary demand, and the dress that appears uncomfortable is untasteful.

“Dress is always to be considered as secondary to the person.” This is a fundamental maxim in the art of costume, but is often lost sight of, and dress made obtrusive at the expense of the individuality of the wearer. A man’s vest or cravat must not seem too important a part of him; and a woman should not be wholly lost in her skirts. If you are not better and more beautiful than your clothes, you are, indeed, a man or a woman of straw.

Mrs. E. Oakes Smith very happily says : “The greatest compliment that can be paid to a woman is to forget her dress, or rather not to see it—as proving it to be so characteristic that we are not incommoded by observation, and are thus left to unalloyed companionship. We see, as it were, face to face, and not through whalebone and starch. The rose in her hair is a part of her womanhood, and the robe, in hue and shape, is so a part of her mold that we do not see it, but her. All is harmony, and she is the genius to which everything else has become subordinate.”

CHAPTER XXXII.

DEPORTMENT AND MANNERS.

Importance of Good Behavior—Beauty Marred by Lack of Grace—Carriage of the Body Reveals Character—Absence of Affectation—Self-possession—A Graceful Walk—The Soldier's Drill—Avoiding Offensive Habits—Disorderly Costume—Coarse Eating and Drinking—Disagreeable Noises—Love to Others—Promoting Universal Happiness—Selfishness—Right of Privacy—Casual Acquaintances—Haughtiness and Pride—Anger—Rudeness—Cheerful Demeanor—Drones and Workers—Empty Ornaments—Keeping Engagements—Diffusing Good Cheer.

DEPORTMENT is the manner of carrying one's self; carriage, manner, or behavior. Good looks are very desirable; but far more depends upon behavior. The neatness of the person, upon which we have so strongly insisted, is a part of behavior; so is dress, which is a mode of expression; and which gives us methods of enhancing and displaying beauties, as well as of concealing defects.

But a handsome and well-dressed person may be awkward and constrained in manner; stiff or slouching in gait; angular and extravagant in gesture; sullen, haughty, insolent, cold, rude; or shy and sheepish; or craving, fawning, and impertinently familiar. There are a hundred graces and excellencies of manner in the position of the body, the attitudes, movements, gestures, poses of the head, carriage of the arms, placing of the feet, and all those nameless properties and charms, which are in some the unconscious and spontaneous expression of their natures, and, in others, are more or less acquired by the faculty of imitation, and careful training and culture.

It needs no argument to prove that beauty was not intended alone nor chiefly to give happiness to its possessors; and that, consequently, society has pre-eminent rights in regard to it. The possession of beauty, then, brings with it a heavy responsibility. You have no right to abuse, or mar, or spoil it. You have no right to lose it, by neglect of health, or any habit which tends to the destruction of

When we are trying to reform our lives and make ourselves the best we can be, we may begin with the external deportment.

The carriage of the body, and habits of dexterity, grace, and elegance are of great importance. Children, it is said, are always graceful—they are simple, unconscious, unrestrained, unaffected; and the attitudes and movements of a child ought to be as pretty as those of a kitten or a bird. But we fall into bad habits; stoop until we grow round-shouldered; get into awkward, lounging ways; carry our hands uneasily as if they did not belong to us, and make ourselves generally disagreeable.

Straight Figure and Full Chest.

A little care, a little resolute training, the observation and imitation of ease and grace in others, will do much to remedy these besetting sins. If a boy or girl will every day stand with the back against a wall, and brace up in physical uprightness, it will soon cure a drooping spine. If they will resolutely let the arms hang quietly at the side, they will conquer the bashful tendency to fidget with the fingers. If a girl will daily open her chest, and breathe full breaths for some minutes, she will improve her health and figure.

Every school-master and school-mistress ought to be somewhat of a drill-sergeant, and attend to the personal appearance and habits, carriage and manners, of the pupils. This is the specialty of the dancing-master and gymnast, no doubt; but as every school cannot have its special teacher of gymnastics and dancing, all our teachers should be capable of giving the rudiments at least of refined carriage and manners.

In the absence of direct teaching, much is done by unconscious or conscious imitation—only we should know what models we ought to admire. The worst habits of more exalted personages have found multitudes of imitators. Every one who, by position or talents, grace or beauty, makes an impression upon others, is a teacher of manners. How little do people think of their responsibilities.

To walk easily the body must be erect, but not stiff; the arms must swing, not too far; the chest expanded for full breathing; the

we should increase our distance. We need not be shy or bashful, however pretty and graceful a certain amount of these qualities may be, but in kindness and in justice, as well as from self-respect, and the desire to stand well with others, we should carefully avoid intrusiveness.

Rules of Salutation.

It is for the elder person to first salute, or welcome the younger; for the person in a higher social position to recognize or address one in a lower; for a lady to be the first to salute, speak or hold out her hand to a gentleman. When two strangers meet, if there is any obvious difference in age, rank or position, it should be regarded. A boy should not enter into conversation with a man, nor a gentleman with a lady, beyond some slight civility, without due encouragement.

When persons meet on equal terms, in a railway car, at the seaside, or wherever accident may throw them together, although there should be no intrusion, there may be, and ought to be, on the part of every one, a frank, kindly, neighborly readiness to help each other by word and deed.

Very pleasant acquaintances are made, and life-long friendships are sometimes the result of pleasant, friendly, and genial manners among fellow-travellers. The habitual reserve of most people is senseless and cruel.

All our conduct to our fellow-men should show our respect for them, our regard for their rights, our desire for their happiness. The first element of good manners is unselfishness. The moment a lady thinks too much of herself, her own rights, her own happiness, she begins to be rude to others. The more entirely she devotes herself to securing the comfort and happiness of all around her, the better will be her manners, and good manners are "twice blessed." As the principle of all good conduct in society is the love of the neighbor, and an active philanthropy, so the element of all evil is egotism, selfishness, or the desire of one's own good and happiness, without regard to the rights and welfare of others. Thus, manners must be based on morals, and minor morals and major are really the same.

CHAPTER XXXIII.

THE SOCIAL QUEEN.

Qualifications for Good Society—Value of Birth and Breeding—Honor to Ladies—Mistress of the House—Introductions—Salutations—Rudeness to Others—Polite Attentions—The Sexes Should Go Together—Variety of Ages—Perfect Equality—The Industrious Woman—Agreeable Companions—Taste and Refinement—Woman's Mission is to Adorn—Rules of Etiquette—Simplicity in Behavior—Little Observances—Receptions—Making Calls—Use of Cards—Taking Leave of the Host—Punctuality—“Doing in Rome as Romans Do.”

SOCIETY is a word of large and various meaning. We talk of being in society—the interests of society—a good position in society—fashionable society—general society. It is properly the friendly meeting of people together to enjoy conversation and amusement with each other. To enjoy society, mutual protection, help, and to be amused with each other, men gather in villages and towns. Meeting often, they find the necessity of making themselves agreeable to each other. They refrain from offensive or injurious conduct, and they find frequent occasions for mutual civilities and reciprocal good offices.

To live pleasantly with each other, men must abandon, or at least conceal, selfishness, injustice, evil tempers, dishonesty, falsehood, and every mean and annoying disposition, and become, or at least appear to be, kind, friendly, disinterested, obliging, cheerful, honest, and honorable. Contact rounds off the rough edges of character, and gives polish to the manners. Politeness, civility, and urbanity mean the manners of people who are refined.

In a large sense, every person is considered a member of society; but we speak of a solitary person as one who goes into no society—meaning one who neither visits nor is visited. A disreputable person is not admitted into society. A morose person shuns society. A person of loose habits and associations mingles in low society.

Where a hereditary aristocracy rules, a man's social position de-

pends upon his ancestors. Of such men it has sometimes been said that the best part of them is under ground; but no one can deny the advantages of birth and breeding. Wealth gives the means and conditions of the highest culture. We have breeds of men as distinctly marked as our breeds of dogs and horses, and men are born with noble, heroic, and beautiful qualities as they are with unfortunate and base ones.

We speak rightly of born liars and born thieves. There is, therefore, an aristocracy of birth, and to be well born is a great good fortune. But this kind of aristocracy is not always that of rank, title or wealth. The child of healthy, honest, educated and refined parents is well born and a true aristocrat.

Honor Paid to the True Lady.

High society is composed of people of rank or wealth, who are able to live in a certain style of luxury and splendor; who can give elegant dinners and balls, and assemble around them people of taste and fashion. Good society is composed of good, friendly, intelligent, tasteful people, who can benefit, interest, and amuse each other.

Everywhere in society ladies have precedence and honor. They are to have the first seats and the best seats. No gentleman can be seated while a lady stands. No gentleman can help himself to anything until ladies are helped. It is a principle of society that women are to be everywhere deferred to, protected, esteemed, and honored. More deference is shown to women, as women, in America than in any country in the world.

Over all social festivities the lady of the house presides. She receives calls, gives invitations, welcomes the guests, sits at the head of the table, and is the social queen. The husband devotes himself to the ladies, and generally to the comfort of the guests.

To enter a society to which one is a stranger, some introduction is required. Going to a strange district, one carries letters of introduction. A man presents you to his friend, and vouches for your social position and good conduct. He introduces you to others. The

serves her reputation, no doubt, but what becomes of her character? And, in the absence of other interests, there comes to many young women the feverish desire for marriage and a settlement in life—a thing which should never rest in her thoughts. It spoils the charm of any woman to be always thinking of a possible husband.

Making Matches and Hunting Husbands.

Match-making mammas are bad enough—husband-hunting girls are intolerable. They repel more than they attract. A woman is never so charming as in utter unconsciousness of charm—never so attractive as when she has no thought of attracting. In society, all possibilities of future relations should be kept out of sight, and every one treated according to his merits. Men and women in society do not meet as husbands and wives, or lovers—only as members of society, in unrestrained freedom to make themselves agreeable to each other.

An evident flirtation with any one is a rudeness to all the rest of the company. Special attentions are in bad taste, and sure to offend. And when a lady feels that she has made the impression she most wished to make on a man she desired to attract and charm, because she felt his worth, though her heart may bound with happiness, she must no more show it than she can show the antipathies and disgusts excited by others.

A true-hearted woman, with a fair amount of culture, a person not disagreeable, with some taste and observation of life, and a warm benevolence, and desire to please, can scarcely fail to make herself an agreeable and welcome guest in every circle. But a false, uncultured one, with no taste or care for pleasing, critical and censorious, jealous and malicious, is one of the worst samples of the feminine part of humanity.

A lady of taste, refinement, and with so much of wealth and fashion as to give her a certain position in society, may become the centre of a circle, a social pivot, an educator, and in many ways a benefactor. Her furniture, the order of her apartments, her pictures and statuary,

CHAPTER XXXIV.

THE ART OF CONVERSING WELL.

Value of Good Talk—Conversation of Animals—All Can Have Something to Say
—The Good Listener—Guiding the Conversation—Regard to Rights and Opinions of Others—Making Others Talk—Topics that are of Mutual Interest—Wit and Humor—Anecdotes—Talk at Table—Sense and Knowledge—Prosy People—Hobbies—Slang—Egotism and Boasting—Pet Phrases—Long-winded Talkers—Impolite Questions—Giving Attention—Avoiding Discussions—Paying Compliments—Moral Character.

“**G**OOD TALK,” says the author of *Realmah*, “is ever one of the choicest things in the world, and wins all people who come within its sphere.” Our social life is chiefly conversation—a turning together—the interchange of thought and feeling.

It is probable that all animals which associate with each other have language and conversation—some method of communicating information and expressing feeling. Ants and bees evidently talk with each other. When a prize is at hand, or danger threatens, the whole swarm is quickly told of it. They act in concert. They carry on complicated operations quite impossible without some power of conversation. The hen clucking to her brood calls them to the food she has discovered, gathers them under her wings, or gives warning of danger when she sees a hawk hovering in the sky.

In a morning of spring, when the groves are full of melody, it must be that the melody has meaning, and that every phrase is understood, at least by birds of the same species. The lowing and bleating herds must also talk to each other. Dogs talk together, and learn to understand us much better than we do them. The elephant has a very human comprehension of the orders of his keeper; and elephants who live in societies hold converse with each other.

“Steed threatens steed in high and boastful neighings.”

The conversation of animals is natural or instinctive. If men ever had such a natural language, it has been lost. Instead of it we have

hundreds of dialects made up of artificial, conventional, articulate sounds. What we have of instinctive language consists in gestures, grimaces, tones, modulations, inflexions, emphasis. Whatever language men speak, we know by sight and hearing whether they are pleased or vexed—whether they hate or love.

Our conversation is, therefore, partly natural or instinctive in tones, gestures, and expressions of the countenance, laughter, tears, and all the picturesqueness and melody of speech ; and partly artificial and conventional in the use of words, or articulate sounds, whose meaning has been agreed upon. The beauty of all conversation consists in the choice admixture of these two elements of language. We like to see those with whom we converse. The glances of the eye, the flushings of the cheek, the smiles or frowns, and all expressions of feeling on the mobile face, the motions of the head, the slight shrugs of the shoulders tell as much as, often far more than, the spoken words.

Good Talkers and Readers.

Then how much more expressive is speech than writing. The written word has one meaning—the spoken word may have a dozen. We vary it with every mode of utterance. Written language, however carefully taken down, may give but the faintest idea of the eloquence, or even the meaning of a speaker. Thus no reporter can do justice to some orators, who have produced the strongest impression upon multitudes of hearers ; people delight us with the warmth, grace and vivacity of their conversation, whose words, if accurately written down, would seem tame and insipid. The life that goes with the speech is wanting. In reading, words have what we are able to put into them. Good readers are those who can express the sense and sentiment of a writer as he would wish to express them in speech.

As we all talk more or less ; as conversation is the life, the nervous circulation of the social body, we should try to talk well. To do this we must have intelligence, knowledge, facts of interest, things and thoughts, ideas and sentiments, which others may wish to hear ; and we must be able to convey our ideas in a clear and pleasant manner.

CHAPTER XXXV.

MISCELLANEOUS RULES OF ETIQUETTE.

Rights of the Sidewalk—Meeting on the Street—Washington's Politeness—The Veil—Street Recognition—Behavior in Church—Punctuality—Reverent De-mavior—The Tardy—The Talkative and Restless—Expressing Approval—How to Treat “Company”—Gallantry—Politeness at Home—The Hoiden—The Prude—Indoor Recreations—Undue Familiarity—Courtesy to Strangers—Formal Calls—Social Visits and Entertainments—Simpering and Frivolity.

YOUNG people often seem unconscious of the fact that their behavior on the street attracts the attention of older people, and impresses them with favorable or unfavorable ideas of their character. Propriety should govern all street behavior. Polite people never do anything on the street to attract attention; they should neither talk in a loud, boisterous manner, nor laugh uproariously. Conversation that is so noisy as to attract the attention of the passing crowd is either the result of ignorance or of a petty effort to secure a little vulgar notoriety.

It is not courteous for young persons of either or of both sexes to have long conferences on the street, as they may obstruct the sidewalk, and at the same time excite both critical and unpleasant remarks. Every person is entitled to his share of the sidewalk, and this right should always be respected. It is only the rude, low-bred woman and the blustering bully that assert their vulgarity by refusing to give the half of the pavement. As a gentleman or lady can never afford to come in collision with such people, it would be better they should even leave the sidewalks than be jostled. To assert our real or fancied superiority by depriving others of their rights is rude and vulgar.

When persons pass each other on the pavement, they should observe the same rule that drivers do on the street, in order to avoid the inconvenience and danger of a collision. Each should keep to the right. When a gentleman and lady walk in company, he should

be at the lady's left, in order to prevent those passing from running against her. There is no necessity for the gentleman to change his position at every corner, in order that he may be on the side next the street. She will be protected better if always at the gentleman's right. Persons walking in company should always keep step together.

When a gentleman and lady cross the street in company, and the crossing is narrow and muddy, requiring them to go singly, delicacy requires that he should precede her, for the same reason that he should be the first to go upstairs and the last to come down.

Persons should not be so engrossed in conversation as to pass their friends upon the street without notice, if it only be a slight inclination of the head and a pleasant smile. Serious offense may be unwittingly given to those whom we should have recognized, but seemed to forget. Such apparent neglect is very trying to the self-love of sensitive people, and may be mistaken for intentional rudeness.

Anecdote of Washington.

Captain Stephen Trowbridge, once the oldest male inhabitant of Milford, N. H., told the following incident of Washington's visit to that village in 1790: While the latter was walking about the town, attended by a number of his officers, a colored soldier, who had fought under him and lost a limb in his service, made his way up to the general and saluted him. Washington turned to this colored soldier, shook hands with him, and gave him a present of a silver dollar. One of the attendants objected to the civilities thus shown by the President of the United States to such an humble person; but Washington rebuked him sharply, asking if he should permit this colored man to excel him in politeness.

When a lady appears on the street with a veil over her face, it may sometimes be a sign that she does not wish to be recognized, and an acquaintance may pass her as a stranger, without either giving or taking offense. If the lady, on approaching, shall remove her veil, it indicates that she wishes to be seen and known.

Young people should always be prompt to acknowledge the polite-

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THE CLOOK OF WOMAN

TO THE MIGHTY AND WISE,

THESE ARE THE WORDS WHICH I HAVE WRITTEN IN MY BOOK.

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THE GLORY OF WOMAN

....OR....

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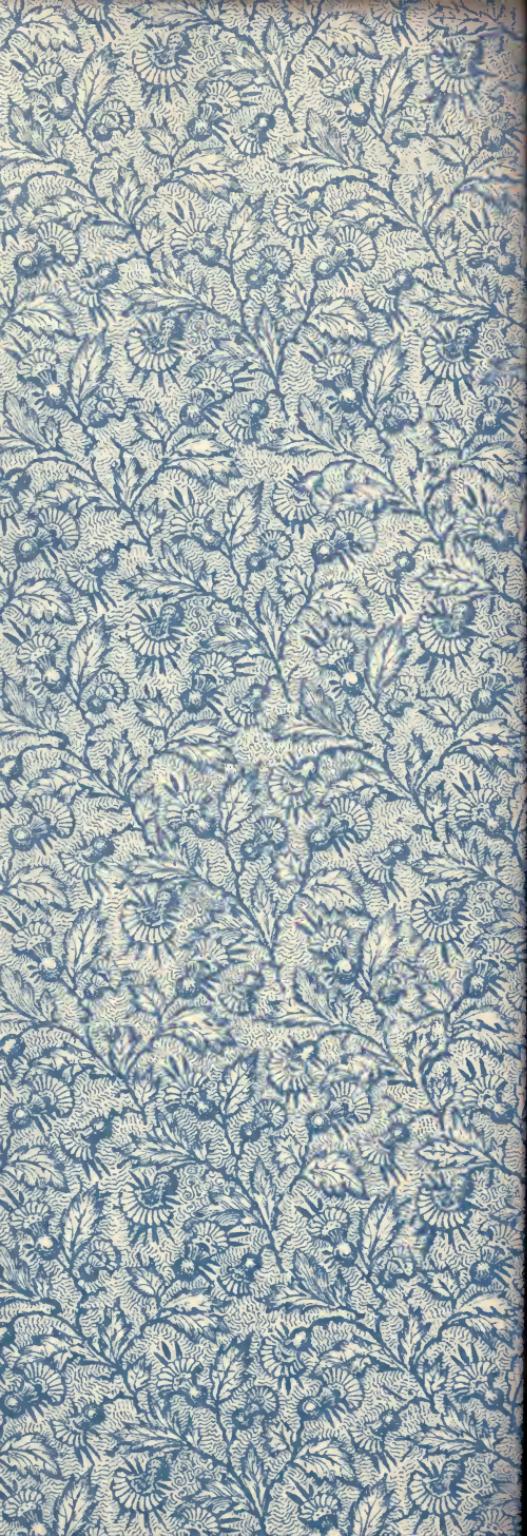
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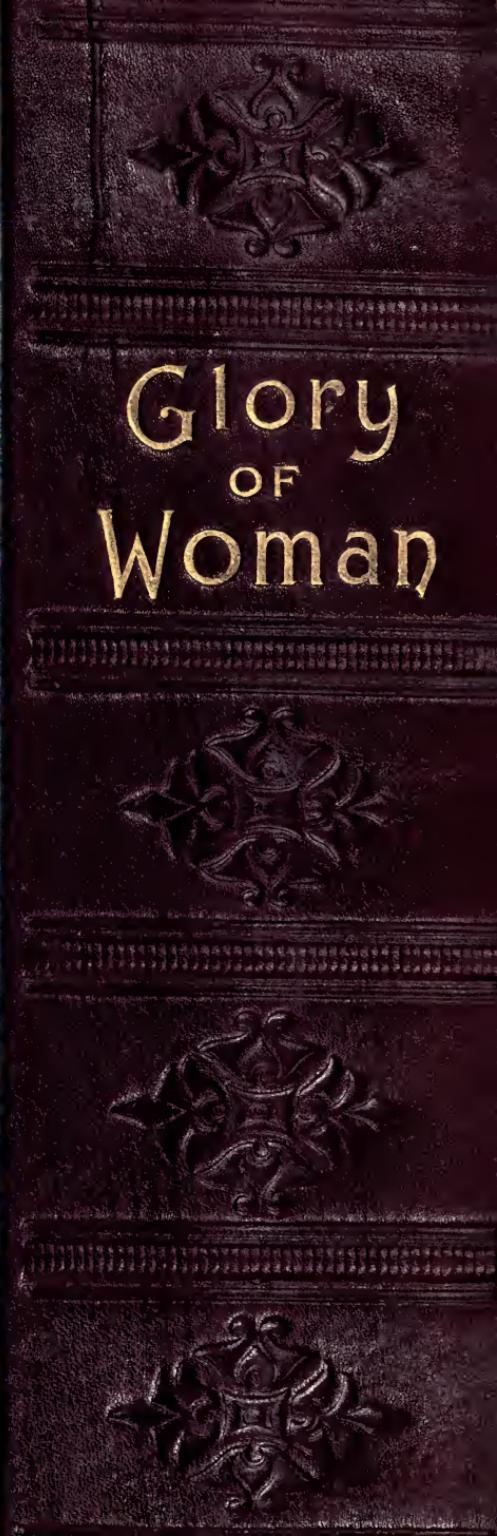
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